The Lost Book of Herbal Remedies PDF Download

By Dr. Nicole Apelian

In 2000, an unexpected diagnosis of multiple sclerosis prompted Nicole to channel her research skills into improving her own wellness, despite numerous challenges and setbacks.

She shifted her focus to a holistic approach, embracing healthy living strategies, deep connections with nature, and practices of gratitude.

Through these lifestyle changes and by creating her own remedies, Nicole transformed from being bedridden to fully alive, moving from merely surviving to truly thriving.

In 2015, she became one of the first women selected for the History Channel's TV show Alone, where she survived 57 days in the wild with little more than the plants she found around her.

Nicole believes many others need to discover their own remedies, which became her life's mission and the driving force behind writing this book.

In it, she shares over 28 years of plant knowledge and her personal experiences crafting poultices, tinctures, decoctions, salves, syrups, infused oils, and other herbal remedies.

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HERBAL REMEDIES FOR UTIs

Urinary tract infections (UTIs) are a serious concern, ranking as the second most common infectious disease globally, with over 150 million diagnoses each year.

Doctors often treat UTIs with antibiotics, but this widespread use has led to an increase in antibiotic-resistant bacteria, complicating treatment options.

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Studies indicate that approximately 56% of bacterial strains responsible for UTIs exhibit some level of antibiotic resistance.

This has prompted research into alternative treatment options.

Fortunately, when detected early, natural remedies can be highly effective for managing UTIs.

While many are familiar with cranberries, there are several other herbal remedies that can help combat these infections.

Although antibiotics are sometimes necessary, certain herbs can be used to address a UTI if caught early, and some are particularly beneficial for individuals who frequently experience UTIs.

BEARBERRY (ARCTOSTAPHLOS UV-URSI)

Bearberry, also known as Kinnikinnick, is a shrub native to North America, Asia, and Europe.

Its scientific name, *uva-ursi*, translates to “grape of the bears” in Latin, reflecting its popularity as a snack for bears, who enjoy its small red or orange berries.

However, it’s the leaves of the bearberry that offer significant health benefits.

For centuries, especially within Native American cultures, bearberry has been used to address various urinary and bladder issues, including as a diuretic and for conditions like UTIs, painful urination, and kidney stones.

The dried leaves can be powdered into tablets, encapsulated, or steeped to make tea.

If you're considering supplements, look for those containing between 400 and 840 mg of arbutin. Alternatively, drinking one to two cups of bearberry tea daily can also be beneficial.

However, be cautious not to exceed ½ ounce (about 15 grams) at a time, as it can be toxic.

Research supports the effectiveness of this natural remedy.

Bearberry leaves contain arbutin, which converts to hydroquinone in the body, potentially alleviating pain and inflammation in the urinary tract.

Additionally, bearberry exhibits antimicrobial and antibacterial properties, showing promise against common UTI-causing bacteria like *Staphylococcus saprophyticus* and *E. coli*.

While bearberry can be helpful for short-term use, there is limited long-term research on its safety. Continuous use may lead to liver and kidney issues, so it's generally recommended to limit use to one or two weeks at a time.

Studies have yielded mixed results regarding its efficacy for UTIs. Combining bearberry with dandelion root in tea may be more effective for preventing recurrent UTIs, while bearberry alone is best for treating a single occurrence.

It works best when taken at the first sign of a UTI; delaying use can reduce its effectiveness.

Pregnant or breastfeeding individuals, as well as those with liver, kidney, or intestinal conditions, should avoid bearberry, and it should not be given to children.

GARLIC (ALLIUM SATIVUM)

Garlic is a remarkable herb known not only for its culinary uses but also for its numerous health benefits.

It has the ability to combat fungi, viruses, and bacteria, largely due to a compound called allicin, which is effective against various infections, including *E. coli*.

While there has been some investigation into garlic's potential to treat UTIs, results remain inconclusive, and optimal dosages and methods of consumption have yet to be established.

Garlic can be consumed in several forms, such as raw, cooked, whole, or as capsules and extracts.

Generally, there's no harmful dosage when consumed in reasonable amounts, but it's wise to adhere to the dosage recommendations on supplements.

Side effects are typically minimal and may include body odor, bad breath, and heartburn.

However, some individuals may have an allergy to garlic, especially those with sensitivities to onions and leeks.

If you're trying garlic medicinally for the first time, start with small doses to gauge your reaction.

Research is increasingly highlighting garlic's benefits, including its effectiveness against antibiotic-resistant bacteria.

In one study, it was found that 82% of antibiotic-resistant UTI bacteria were susceptible to garlic, showcasing its potential as a natural remedy.

GOLDENSEAL (HYRASTIS CANADENSIS)

Goldenseal is primarily found in the eastern regions of North America.

Its roots and leaves are valued for their ability to combat infections and inflammation, making it one of the most popular herbal remedies worldwide.

You can use goldenseal in various forms, including teas, extracts, and capsules, to address a range of health issues such as colds, allergies, digestive problems, inflamed gums, and skin conditions.

This herb contains several compounds, including hydrastine, canadine, and berberine, all of which possess antibacterial and anti-inflammatory properties.

Goldenseal is often included in feminine hygiene products, though scientific research on its health benefits is still limited.

However, studies suggest that berberine in goldenseal may help prevent bacteria from adhering to bladder walls, potentially reducing the risk of UTIs or making them easier to treat. It may also aid in preventing yeast infections.

Given its numerous health benefits, goldenseal is an excellent herb to incorporate into your routine, particularly for enhancing immune function and helping those prone to recurrent UTIs.

Take Away

There are many natural remedies for UTIs, primarily focused on prevention or addressing the issue early.

While they may not always be effective once an infection is fully established, incorporating one or a combination of the herbal remedies mentioned above can be beneficial for those struggling with persistent and recurrent UTIs.

HOW TO MAKE A HEALING SOAP FOR ECZEMA AND SKIN RASHES

Eczema flare-ups or Dermatitis can be incredibly frustrating, affecting both your comfort and your wallet.

If you're among the 30 million Americans dealing with eczema, you may have spent a small fortune on creams and soaps, only to find minimal relief from itchy, irritated skin.

Whether you're struggling with eczema yourself or you know someone who is, this article is for you.

I'll show you how to create an effective eczema relief soap using a few simple plant-based ingredients right at home.

WHAT IS ECZEMA?

First, it's important to distinguish between what causes eczema and what triggers its symptoms.

The symptoms—such as redness, flaking, and irritation—are the result of a flare-up of the condition.

Eczema is a broad term that encompasses various types of dermatitis, with atopic dermatitis being the most common.

Dermatitis is an inflammatory disorder, meaning there are underlying causes to consider.

Research has shown that gut issues, like Leaky Gut Syndrome, are often linked to eczema.

A recent study published in the *Journal of Allergy and Immunology* suggested that eczema, or atopic dermatitis, may be an autoimmune reaction.

This might explain why many expensive eczema treatments provide only temporary relief.

While topical treatments, like this herbal eczema soap, can help soothe symptoms, achieving long-term control of the condition may require addressing deeper issues.

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Several factors are known to trigger flare-ups, including:

- Soaps
- Foods

- Cleaners
- Laundry detergents
- Fragrances
- Disinfectants
- Stress
- Nutritional deficiencies

Unfortunately, many medical professionals remain unaware of these underlying causes, which means it's up to us to explore solutions. Luckily, herbs can play a vital role in this process!

One key ingredient in our homemade eczema soap is chamomile.

This well-known medicinal herb has been used for centuries in cosmetics for its soothing and skin-repairing properties.

In a double-blind, randomized study, chamomile cream was compared to 0.5% hydrocortisone cream and a placebo in patients with atopic eczema.

After two weeks, the chamomile cream showed slightly better results than the hydrocortisone cream and a notable difference compared to the placebo.

Calendula is a gentle herb that has been used for centuries to soothe skin inflammation.

Safe for babies, it boasts antibacterial, antimicrobial, and antifungal properties, while also providing deep hydration and promoting collagen production.

Lavender is truly a versatile herb! Its widespread use stems from its anti-inflammatory, antifungal, antimicrobial, and antidepressant qualities, making it effective against conditions like impetigo and MRSA.

Vitamin E is a potent antioxidant known for calming inflammation. While many people take it orally for skin issues, incorporating it into your homemade eczema soap can be equally beneficial.

It strengthens the skin barrier, protects against external toxins, and helps retain moisture.

Castor oil is rich in ricinoleic acid, as well as oleic and linoleic acids.

This oil has a long history of use, particularly in Ayurvedic practices, and is celebrated for its anti-inflammatory and pain-relieving properties.

Additionally, it has antimicrobial effects that can speed up recovery.

When you use your homemade eczema soap, you'll notice a silky smoothness to your skin, thanks in part to the castor oil.

Many eczema sufferers know that conventional soaps can exacerbate their condition. That's why **Castile soap** has become a favorite for many—it's one of the three base ingredients in this recipe.

Made from vegetable oils and lye, it contains no harsh additives, making it a vegan-friendly option.

HOW TO MAKE HERBAL SOAP FOR ECZEMA

You'll need the following ingredients:

Ingredients:

- ½ cup pure quality castile soap
- ½ cup distilled water
- ½ cup virgin olive oil
- 1 teaspoon vitamin E oil
- 1 teaspoon castor oil
- 1 teaspoon calendula-infused oil
- 20 drops organic lavender essential oil
- 20 drops organic chamomile essential oil
- A container or dispenser for your soap.

DIRECTIONS

Step : In a large bowl combine the water and the castile soap.

Step : Add 20 drops each of chamomile and lavender essential oil directly into the bowl.

Step : Add one teaspoon each of vitamin E oil, calendula oil, and castor oil to the bowl.

Step : Incorporate the olive oil by stirring gently until fully blended. Keep in mind that the soap mixture may separate over time, so give it a gentle shake before each use.

Step : Transfer the mixture from the bowl into a container that's easy to dispense. You can find soap dispensers easily available online.

Step : If you're using a soap dispenser, simply attach the pump lid to your container. And that’s it! I personally enjoy using a foaming soap dispenser for this recipe.

HOW TO USE

Store your soap in a convenient spot for those dealing with eczema. It smells fantastic and leaves a silky coating on your skin right after use.

Once your skin dries, you won't feel any sticky residue—just well- moisturized and protected skin.

This herbal eczema soap is gentle enough for children and should last a couple of weeks on the counter, though you might find it disappears quickly!

Feel free to experiment with other essential oils to change the scent, but be sure to do your research first to ensure they won't exacerbate eczema. Happy mixing!

HOW TO TREAT CONJUNCTIVITIS NATURALLY

No one enjoys dealing with conjunctivitis, commonly known as pink eye. This condition occurs when the eye becomes infected or inflamed.

While there's no specific cure for pink eye—unless it's caused by bacteria—there are ways to alleviate symptoms and promote healing.

You can naturally treat pink eye at home, regardless of its type.

Although there are various forms of conjunctivitis, they share common methods to help reduce pain and inflammation, ultimately shortening recovery time.

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WHAT KINDS OF PINK EYE ARE THERE?

There are three main types of pink eye, with a total of five variations:

- **Viral** – Caused by the same virus responsible for colds, this type often accompanies cold symptoms and is highly contagious.
- **Bacterial** – Resulting from a bacterial infection, this is the most contagious form, easily spreading through classrooms or families.
- **Allergic** – Triggered by airborne allergens that irritate the eyes, this type is not contagious.
- **Toxic** – A chronic inflammation usually linked to medications or preservatives.
- **Nonspecific** – Often caused by chronic dry eye, chemical splashes, or foreign objects like dust or eyelashes.

Among these, viral, bacterial, and allergic conjunctivitis are the most common, with viral and bacterial being the primary concerns due to their high transmissibility.

HOW LONG DOES CONJUNCTIVITIS LAST?

Typically, conjunctivitis can last anywhere from 24 hours to two weeks, resolving once the underlying issue is addressed.

For instances where an irritant like an allergen or an eyelash is involved, relief can often be achieved in just a few hours.

DOES CONJUNCTIVITIS GO AWAY ON ITS OWN

In most cases, conjunctivitis tends to resolve on its own unless there's an active irritant, as seen in many nonspecific and allergic instances.

While there isn't a specific cure for conjunctivitis, there are steps you can take to alleviate symptoms and potentially speed up recovery.

This has led many people to seek natural remedies for pink eye.

Distinguishing between the various types of conjunctivitis can be challenging, and since bacterial infections are the only type that can be easily treated, doctors often focus on antibiotics for those cases.

However, there's growing concern over the widespread use of antibiotics, as it contributes to the emergence of antibiotic-resistant bacteria, including strains affecting the eyes.

Though home remedies may not cure conjunctivitis, there are ways to reduce irritation and promote faster healing, and many researchers are advocating for these alternative approaches.

WAYS TO HELP CONJUNCTIVITIS GO AWAY FASTER
Herbs

Several herbs can help alleviate the symptoms of pink eye thanks to their antimicrobial and anti-inflammatory properties. Here are some effective options:

Chamomile (Matricaria chamomilla): Known for its calming effects when brewed as tea, chamomile flowers can also soothe itching and irritation in the eyes.

You can create an eye wash by soaking the flowers in water or use them in a compress.

Plantain (Plantago): Often considered a common weed, plantain is easily found alongside dandelions. You can use the leaves to make an eye wash or a compress to cool the eyes and reduce inflammation.

Fennel (Foeniculum vulgare): Fennel is beneficial for those suffering from allergies, as it helps relieve itching and burning sensations.

Soak fennel in water and use that water as an eye wash to alleviate pink eye symptoms, particularly if they are allergy-related.

Marigold (Tagetes): With its antiseptic and anti-inflammatory properties, marigold is a great choice for treating pink eye. It can be added to an eye wash or a compress.

Goldenrod (Solidago): Known for reducing mucus, goldenrod also has antimicrobial properties that can be helpful for pink eye. Brew a tea from the dried leaves and drink it regularly when experiencing symptoms.

Goldenseal (Hydrastis canadensis): The roots of goldenseal can combat conjunctivitis. You can find these roots online or at some health stores, or opt for a tincture to take a few times daily until your symptoms improve.

Hygiene

Maintaining proper hygiene is crucial.

Wash any items that come into contact with your face or eyes daily, including sheets, towels, and washcloths.

This practice helps prevent re-infection and reduces the risk of spreading the condition.

Washing your eyes with water can also be beneficial, especially if allergens are the cause.

This can help clear away debris and alleviate redness and itching. You can rinse with cold or warm water for about five minutes, a couple of times a day.

Zinc

Incorporating zinc into your diet can boost your immune system, aiding in the fight against bacteria, viruses, or allergens.

Vitamin C is another immune-boosting option to consider.

Compresses

Using moist compresses can provide relief. Place a warm or cold washcloth over your closed eyes two to three times a day.

Warm compresses are particularly effective for breaking up sticky build-up, while cold compresses can reduce swelling and itching.

Allergy Medication

If your conjunctivitis is allergy-related, it's important to take your allergy medication consistently to help manage symptoms and support recovery.

Sleep

Adequate sleep is vital for healing. Make sure to rest as much as possible, as this allows your body to repair itself.

Remove Contact Lenses

Regardless of the type of conjunctivitis, avoid inserting anything into your eyes.

If you wear contact lenses, remove them while experiencing symptoms. Consider disposing of your lenses or thoroughly cleaning them with a specialized solution to avoid reinfection.

Hydration

Staying hydrated is essential for overall health. Be sure to drink plenty of water to keep your body well-hydrated.

WHAT SHOULD I NOT USE TO TREAT CONJUNCTIVITIS?

There are three common myths about treating conjunctivitis that can actually worsen your condition.

First, some people believe that breast milk can cure pink eye.

While breast milk may help fight certain infections, it often contains bacteria that can exacerbate the problem rather than alleviate it.

Another myth is the use of urine, which is highly discouraged.

Some studies indicate that applying urine to the eyes can lead to severe complications, including permanent blindness.

Lastly, many people consider using redness-reducing eye drops.

While these drops can temporarily minimize inflammation, they may worsen symptoms or increase discomfort when dealing with pink eye.

THE BOTTOM LINE

Although pink eye is often manageable at home, there are situations when it's advisable to see a doctor to prevent any potential permanent damage, particularly in children.

If your child is under five, if there's green or yellow pus, or if the cornea appears cloudy rather than clear, it's a good idea to consult a doctor for a thorough examination.

COLD AND FLU CHEAT SHEET

No one enjoys battling a cold or the flu. You feel achy, struggle to breathe, and your thoughts can get pretty foggy.

While we may not always have the luxury to rest, there's still hope. Many plants can help shorten the duration of your illness and alleviate some symptoms.

They might not return you to peak health immediately, but they can certainly make your days more manageable.

Read on for a handy guide to common cold and flu symptoms, along with natural remedies to help ease them.

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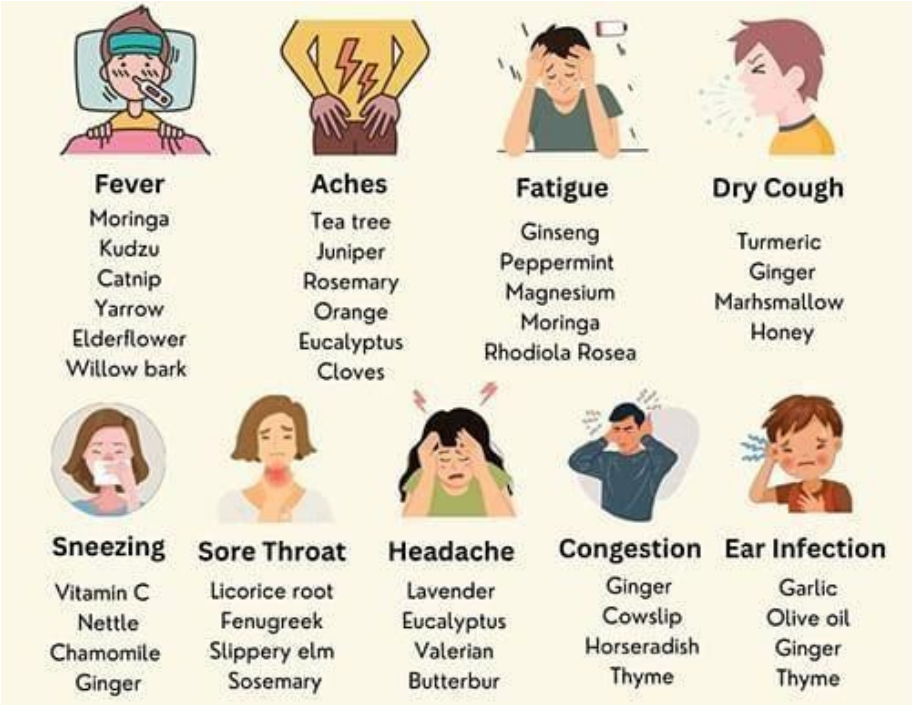
FEVER

If body temperatures remain elevated, it's important to consult a doctor promptly, especially for children, who may struggle with fevers more than adults.

To help prevent your fever from rising to dangerous levels, consider using some natural remedies. Two of the most effective herbal options are moringa and kudzu root.



Moringa (Moringa oleifera) is packed with vitamins, minerals, antibacterial properties, and antioxidants. While studies on humans are still limited, research has shown promising results in animals.

You can incorporate fresh Moringa leaves into your cooking for daily use.

For a nutrient boost that isn't affected by heat, consider using Moringa leaf powder, which can easily be added to smoothies or juices.

Alternatively, capsules are available for those who prefer a more convenient option.

Kudzu (Pueraria montana) roots have a long history in Chinese medicine for addressing various health issues, including hangovers, chest pain, sinus infections, measles, and muscle pain.

Kudzu is typically dried and ground into a powder, which can be mixed into drinks or incorporated into dishes.

Some people use it as a coating for fried foods, while others add it to sauces for thickening. Tinctures and capsules are also available.

Catnip (Nepeta cataria) is another beneficial herb.

This mint relative isn't just for cats; it can stimulate perspiration and is often used to help reduce fevers. You can enjoy catnip in salads or brewed as a tea.

ACHES

One of the most effective remedies for body aches is taking a warm bath. It's important to keep the water temperature moderate, as overly hot baths can worsen fever when you have the flu or a cold.

A warm bath can help lower your temperature and ease body aches.

Adding **Epsom salt** to your bath can enhance the soothing effects.

You can choose either pre-scented Epsom salt or a basic version with a few drops of your favorite essential oil.

Some of the best essential oils for soothing the body include tea tree, juniper, rosemary, thyme, orange, lavender, eucalyptus, and cloves.

These oils can be diffused into the air, added to your bath, or mixed with a carrier oil and applied directly to the skin.

FATIGUE

While you can’t completely cure fatigue, there are ways to give your body a boost and enhance your energy levels.

Ginseng (Panax quinquefolius and Panax ginseng) is particularly effective for strengthening the immune system. It has been beneficial for those experiencing chronic fatigue, and many have found it helpful in overcoming fatigue associated with colds and flu.

Ginseng is most commonly consumed as tea or in capsule form.

However, it's important to carefully check the brand and ingredients, as many ginseng supplements may not contain significant amounts of the root.

In addition to combating fatigue, ginseng may also help prevent and treat the flu, and potentially even Respiratory Syncytial Virus (RSV).

Peppermint essential oil can provide a quick energy boost. Simply add it to a humidifier, spray it in the air, or apply a few drops to a cloth for its invigorating benefits.

Magnesium is crucial for overall health and energy levels, playing a key role in converting food into energy.

You can take magnesium supplements or include magnesium-rich foods in your diet, such as beans, dark leafy greens, oatmeal, almonds, and chia seeds.

Sneezing

Sneezing is often an unavoidable symptom of colds and flu, typically caused by irritation in the nasal passages.

To alleviate sneezing, focus on addressing other cold and flu symptoms and boosting your nutrient intake. Both **vitamin C** and **zinc** can help reduce sneezing and improve symptoms. You can find vitamin C in fruits like oranges, grapefruits, and strawberries.

However, be cautious with zinc dosage, as too much can cause nausea.

Dry Cough

Dry coughs can linger even after a cold has passed. While carbonated drinks may provide temporary relief, there are many natural herbs that can help.

Ginger (Zingiber officinale) is effective for soothing dry coughs and discomfort. You can consume ginger in various forms, including capsules, tea, or by adding it to food.

Some people even chew on fresh ginger root.

Turmeric (Curcuma) contains curcumin, which helps relieve dry coughs and has anti-inflammatory, antiviral, and antibacterial properties.

For optimal absorption, mix turmeric with black pepper.

A teaspoon of turmeric and an eighth of a teaspoon of black pepper can be added to drinks, with cold orange juice or tea being popular choices.

Marshmallow root (Althaea officinalis) can also alleviate dry coughs and soothe throat irritation. It's available in extracts and as a tea ingredient, and many tea blends for colds include this herb.

Sore Throat

There are numerous natural remedies for sore throats.

Roots like **licorice root** (Glycyrrhiza glabra) and **marshmallow root** (Althaea officinalis) are excellent options.

Licorice root is traditionally used to soothe sore throats and inhibit the growth of strep bacteria, typically consumed as tea.

Marshmallow root contains mucilage, which coats and soothes the throat and can be used in teas, tinctures, or capsules.

Herbs like **chamomile** (Matricaria chamomilla), **fenugreek** (Trigonella foenum-graecum), and **garlic** (Allium sativum) are also effective.

Chamomile tea, enhanced with honey, combines its anti-inflammatory and soothing properties.

Inhaling chamomile steam offers additional relief.

Rosemary is a well-known herb that helps relieve colds and sore throats. Its anti-viral and anti-microbial properties may also aid in easing headaches when inhaled as steam.

Mullein (Verbascum thapsus) is traditionally used for respiratory issues, including sore throats.

Mullein leaf tea is recommended for respiratory conditions—simply steep 1 to 2 teaspoons of fresh leaves in boiling water for 10 minutes and strain.

Fenugreek is versatile, available in seeds, oil, or tea, and can help reduce throat inflammation. **Garlic** is known for its antibacterial properties and contains allicin, which helps combat infections.

Incorporate fresh garlic into your meals or suck on a clove for sore throat relief.

Lastly, consider **peppermint** (Mentha x piperita) and **slippery elm** (Ulmus rubra).

Peppermint, with its menthol content, can ease coughing and throat discomfort. You can brew peppermint tea or create a throat spray with diluted peppermint oil.

Slippery elm, like marshmallow root, contains mucilage, creating a soothing gel when mixed with water, available in powder or lozenge form.

HEADACHE

Headaches can be tricky to manage because their treatment depends on accurately identifying the type you're experiencing.

When you have a cold, headaches may arise from factors like lack of sleep, insufficient nutrients, caffeine withdrawal, or dehydration.

Essential oils can be beneficial as well.

Oils such as peppermint, lavender, and eucalyptus can be diluted with a carrier oil and applied to your temples, or you can diffuse them in your home using a humidifier.

To alleviate headaches, prioritize meeting your basic needs: ensure you're getting enough sleep, especially when you're unwell, and make sure to eat and stay hydrated.

If you've tried these strategies and still have headaches, consider adding magnesium supplements to your routine.

A deficiency in magnesium can lead to headaches, and people who consume more magnesium often report fewer migraines.

Congestion

To combat congestion, maintaining adequate moisture is crucial. Drink plenty of water and consider using a humidifier or steamer to increase humidity in the air.

Ginger (Zingiber officinale) can also help relieve congestion. While it's particularly effective for allergy-related congestion, studies suggest that a daily dose of 500 milligrams may be just as effective as loratadine for alleviating symptoms.

Though research on its effects for cold-related congestion is limited, its overall ability to reduce cold and flu symptoms indicates it may be helpful.

You can consume ginger in various forms, such as extracts, tea, or added to meals.

Cowslip (Primula veris) may also provide relief.

The roots of these vibrant yellow flowers contain triterpenoid saponins that have powerful expectorant properties.

To use cowslip, make a decoction by boiling 1 ounce of the roots in 1 cup of water. Simmer for 20 minutes, strain, and drink to help loosen phlegm and ease chest congestion.

Horseradish (Armoracia rusticana) is another effective remedy.

This spicy root is rich in vitamin C and contains isothiocyanates and sulforaphane, which help clear congestion.

You can create your own horseradish condiment by grating the root and mixing it with vinegar to taste.

MUCUS

Staying hydrated is crucial for maintaining mucus flow and preventing it from thickening. Be sure to drink plenty of water, and consider adding a splash of lemon for an extra dose of vitamin C.

Research suggests that spicy foods can also help keep mucus thin and flowing, thanks to capsaicin found in peppers and cayenne.

While this is a temporary remedy, it can provide relief from pressure caused by mucus buildup.

Peppermint and eucalyptus oils are effective natural decongestants. You can diffuse them into the air, use them in a steam inhalation, or mix with a carrier oil to apply around your chest, throat, and under your nose.

Thyme tea is also beneficial for easing coughs and bronchial spasms while helping to clear congestion and mucus associated with colds.

Plus, thyme is packed with disease-fighting antioxidants.

EAR INFECTION

While ear infections are not a common complication of colds and flu, some individuals may be more prone to them, especially when experiencing sinus congestion.

Olive oil is a remedy that many people recommend, though it hasn't been scientifically tested. To use it, simply add a few warm drops into each ear, ensuring the oil is no warmer than your skin.

Ginger (Zingiber officinale) and **garlic** (Allium sativum) can also be effective. Ginger helps reduce inflammation and soothes ear pain. While you shouldn’t put ginger directly in the ear, applying warmed ginger juice or ginger-infused oil around the outer ear can provide relief.

Garlic possesses pain-relieving and antibiotic properties. You can soak garlic in oil for a while and then apply it to the outer ear canal.

Alternatively, consider trying a garlic and mullein oil recipe, which is known to work well for ear infections.

The Bottom Line:
As you've seen, there are numerous natural remedies and plants that can alleviate various cold and flu symptoms.

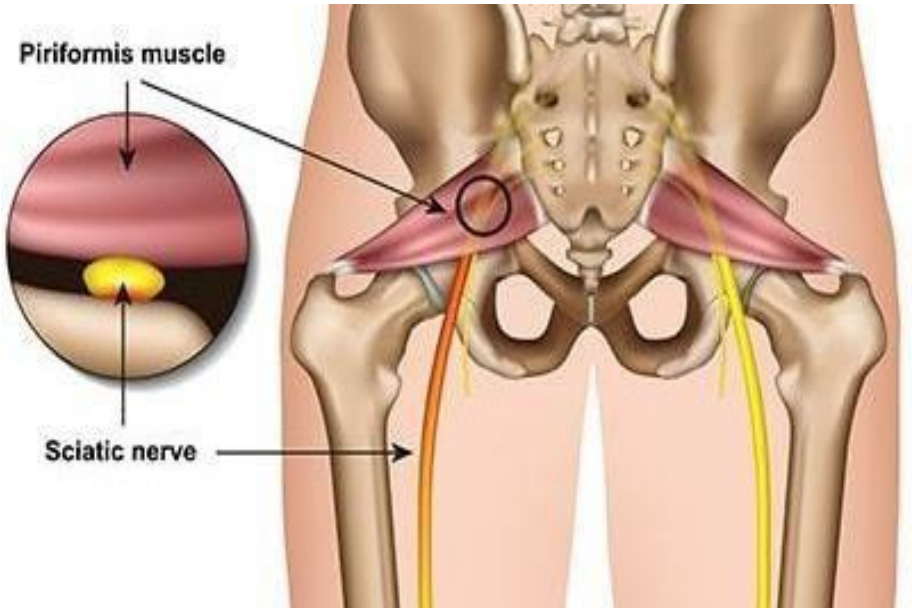
Incorporating these into your routine can help you feel better during a cold and may also help prevent future illnesses.

EASE SCIATIC NERVE PAIN WITH THIS PLANT

At times, you might feel pain, numbness, or a tingling sensation due to injury or pressure.

Compression of the sciatic nerve can lead to discomfort in the lower back, radiating down the legs and behind the knees.

This type of pain is known as sciatica or sciatic nerve pain. If you notice any of the following symptoms, they could be related to sciatica.



CAUSES OF SCIATICA

The sciatic nerves extend from the pelvis to the lower back, hips, buttocks, and lower legs.

They play a crucial role in both motor function, enabling leg movement, and sensory function, providing sensation to the legs.

Sciatica itself isn't a medical condition but rather a symptom indicating an underlying issue. Pressure on the lumbar nerves often leads to sciatic pain, which can arise from various causes.

The most common trigger is a herniated disk in the lower spine. These disks, which act as cushions between the spinal bones, can wear down with age or injury, causing the inner material to protrude and press on nearby nerves.

Other potential causes of sciatica include:

- Pelvic injury
- Osteoporosis
- Osteoarthritis
- Spinal stenosis (narrowing of the spinal column)
- Piriformis syndrome (compression of the muscle in the hips and buttocks)
- Spondylolisthesis (misalignment of a spinal bone)

Symptoms of Sciatica

Sciatic nerve pain can vary widely among individuals. Some may feel dull, throbbing discomfort, while others experience sharp, burning sensations.
Sciatic pain often begins gradually, initially manifesting as discomfort after sitting or standing for extended periods.
Over time, it may lead to lower back and hip pain, tingling in the legs, weakness, numbness, and shooting pain down the leg.

The pain typically affects one side, and the impacted leg may feel weak. Everyday activities like bending backward, walking, sneezing, laughing, or coughing can exacerbate the pain, which is often more pronounced at night.

If you experience persistent or unusual lower back and leg pain, it's wise to consult a doctor.

They can perform a physical examination and recommend tests such as blood work, X-rays, or MRIs to assess your spine.

While sciatica may indicate an underlying condition, not all cases require treatment, as the spine can often heal on its own.

Doctors may suggest pain relievers and the use of hot and cold compresses on the affected area to help manage discomfort.

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SELF CARE FOR SCIATICA AT HOME

The intense pain of sciatica can significantly impact your quality of life and work. When sharp, shooting pain strikes, there are simple home remedies that can provide temporary relief.

Try alternating between an ice pack to reduce inflammation and a hot compress to encourage blood flow in the affected area.

Engaging in low-impact exercises can help strengthen your core muscles, while gentle stretching and yoga can improve mobility.

Pay attention to your posture and avoid remaining in the same position for extended periods. Additionally, consider herbal remedies to help alleviate pain.

PLANTS FOR SCIATIC NERVE PAIN

Whether mild or severe, sciatic nerve pain can be challenging, especially when it interferes with your work. Over-the-counter pain relievers like ibuprofen and acetaminophen can provide relief from discomfort.

However, if you're looking for natural alternatives for treating sciatic nerve pain, herbal remedies can also be quite effective.

TURMERIC

Turmeric (Curcuma longa) is often hailed as a “cure-all” for various ailments, including those of unknown origin.

Its primary active ingredient, curcumin, is renowned for its strong anti-inflammatory properties, making it effective in reducing pain and inflammation.

When it comes to sciatic nerve pain, particularly from a slipped disc, turmeric can be particularly beneficial. It helps prevent fluid leakage from the slipped disc, which can irritate the nerve roots.

Incorporating ground turmeric into your meals or beverages can help ease sciatic pain.

For a potent drink, mix 1 to 2 teaspoons of turmeric powder with a pinch of black pepper in a glass of plant-based milk and enjoy daily for a month.

GARLIC

Garlic (Allium sativum) is often referred to as nature's antibiotic due to its potent properties. Known for its strong anti-inflammatory effects, garlic has been used in Ayurvedic medicine for centuries to treat lower back pain.

For those experiencing mild sciatica, garlic can enhance blood circulation to the lower legs, helping to alleviate tingling sensations.

Additionally, its anticancer and immune-boosting qualities support the body in combating illness effectively.

FOR ANY SORT OF LOWER BACKPAIN, TRY THIS SIMPLE GARLIC MILK RECIPE

In a small saucepan, heat 8 ounces of plant-based milk with 2 to 3 crushed garlic cloves until it reaches a boil, stirring frequently. Once it starts boiling, remove it from the heat.

Add ½ teaspoon of honey to taste.

You can enjoy this garlic milk drink once a day to help with sciatic pain. However, avoid this remedy if you're already taking blood- thinning medications, as garlic can have blood-thinning effects.

VALERIAN

Valerian (Valeriana officinalis) is a well-known relaxant and analgesic commonly used as a homeopathic remedy for pain. It helps alleviate nerve and hip pain by reducing inflammation and easing muscle spasms.

Valerian root can slow down nervous activity, providing an anesthetic effect, so it’s important to exercise caution when using it before surgery, as it may enhance the effects of anesthetics.

To make valerian tea, steep 1 teaspoon of dried valerian root in 1 cup of hot water for 10 minutes. Drink this infusion twice a day to help with back pain.

Since valerian is a powerful herb, it’s best not to use it for more than 20 consecutive days to avoid potential side effects.

ST. JOHN’S WORT

When it comes to nerve and spine injuries, St. John’s Wort (Hypericum perforatum) is an effective herbal remedy to consider.

This time-tested treatment is known for addressing neural and cerebral injuries that cause nerve damage.

It effectively manages inflammation, muscle spasms, strains, and neural pain, while also aiding in the regeneration of damaged nerve tissues.

As an analgesic, anesthetic, and immune booster, St. John's Wort can help alleviate sciatic pain.

The best way to use it is by preparing an infusion from its flowers and drinking it twice a day.

However, it's important not to take St. John's Wort orally for more than 12 weeks.

For added relief, you can apply St. John's Wort oil topically to massage the affected areas.

JAMAICAN DOGWOOD

Jamaican Dogwood (Piscidia piscipula) is a traditional remedy for pain related to migraines and neuralgia. It boasts potent analgesic, nervine, antispasmodic, and anti-inflammatory properties.

This herb can help reduce inflammation and fever that may accompany sciatica. Additionally, it serves as an effective remedy for arthritic pain and various joint and muscle aches.

Jamaican Dogwood is rich in tannins and potent compounds, so it's advisable to use it under medical supervision.

The roots and bark are the medicinal parts, available in forms such as tea, liquid extract, or tincture.

Traditionally, indigenous people have used a decoction of Jamaican Dogwood bark to treat back pain.

However, due to its potency, it can lead to overdose and potential drug interactions. Before using Jamaican Dogwood supplements, consult your homeopathic doctor to ensure safe use and appropriate dosing.

TAKEAWAY

Sciatica can often resolve on its own without treatment.

However, if your condition doesn't improve with home remedies or if additional symptoms arise, it's important to consult a healthcare professional.

Serious symptoms such as swelling, fever, incontinence, blood in the urine, or unexplained weight loss should not be ignored.

Preventing sciatica can vary depending on the underlying cause. For example, aging and degeneration are unavoidable factors.

The key to mitigating, if not completely preventing, sciatica lies in strengthening the back and abdominal muscles.

You can achieve this through regular exercises focused on core strength.

10 SIGNS YOUR KIDNEYS NEED HELP

You might be experiencing a kidney issue right now without even realizing it.

The kidneys are vulnerable to a variety of diseases, ranging from temporary conditions to acute and chronic illnesses that can impair their function.

Kidney problems can manifest in subtle and diverse ways.

By paying close attention to changes in your body, you may be able to prevent the situation from worsening.

However, the most reliable way to confirm any issues is through lab tests, especially if you are at higher risk.

Let’s explore some natural ways to improve kidney health.

WHO IS AT RISK FOR KIDNEY DISEASES

Kidney diseases can be hereditary, meaning you're at a higher risk if close relatives have experienced them.

Conditions like diabetes and hypertension, which often run in families, also increase the likelihood of kidney damage.

Certain medications, including common painkillers and antihistamines, can further elevate this risk, as many pharmaceuticals and even some herbal remedies may disrupt kidney function.

Additionally, lifestyle factors such as smoking, excessive alcohol consumption, a high-salt diet, and irregular sleep patterns can contribute to the development of kidney issues.

10 WARNING SIGNS OF KIDNEY PROBLEMS

The kidneys can experience various issues and infections, but their symptoms are often overlooked and mistaken for other conditions.

As a result, many kidney problems remain undiagnosed until they progress to severe symptoms in the later stages of the disease.

Fatigue

Extreme fatigue that leaves you feeling drained throughout the day can signal a kidney issue.

This fatigue often results from the accumulation of toxins and waste, leading to a shortage of red blood cells and potentially causing anemia.

Poor Appetite

A buildup of toxins can reduce your appetite, making this a common indicator of kidney dysfunction.

This occurs due to a decline in the normal glomerular filtration rate, which affects the kidneys' ability to remove waste and excess water.

As the condition worsens, decreased appetite may lead to malnutrition.

Frequent Urination

Frequent urination, even when you're not drinking much water, can indicate a problem with the kidneys or bladder.

Damaged kidney filters may cause urine to be more diluted with less waste.

This symptom can also signal the onset of diabetes, where excess glucose contributes to kidney damage.

Excessive Thirst

Frequent loss of water through urine can result in unquenchable thirst, as the body attempts to replenish lost fluids. This thirst may intensify at night and be accompanied by a dry mouth and nausea.

Blood in the Urine

While blood in the urine is not always a serious concern, it can indicate kidney trouble.

Potential causes include infection, inflammation, kidney stones, or injury. If you notice blood in your urine, consult a urologist for a proper diagnosis.

Foamy Urine

Persistent foamy urine may indicate high protein levels.

While occasional foam may not be alarming, consistent froth suggests that the kidneys are struggling to process protein properly.

Edema

Swelling in the legs, feet, or around the eyes can signal a kidney problem.

This swelling often occurs due to nephrotic syndrome, where damaged kidney filters lead to decreased protein levels in the blood and excessive fluid retention.

Muscle Cramps

Impaired kidney function can result in a buildup of metabolic waste, leading to an electrolyte imbalance characterized by low calcium and uncontrolled phosphorus levels.

This can damage nerves and muscles, causing pain, cramps, and twitching.

Sleeping Disorders

Sleep issues can arise not only from psychological factors but also from kidney problems. Those dealing with kidney disease may experience insomnia, sleep apnea, or excessive daytime sleepiness.

Dry and Itchy Skin

Pruritus, or itchy and flaky skin, can indicate kidney dysfunction. When the kidneys are not working effectively, sweat glands may shrink, leading to dry skin.

Additionally, the body may release histamines and other chemicals that cause itching.

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USEFUL HERBS FOR KIDNEYS

Early detection and treatment of kidney disease can significantly slow its progression. If one kidney is damaged, the other can often compensate and maintain normal function.

However, "kidney failure" refers to a situation where both kidneys are not functioning properly.

If you have kidney issues, be cautious with all medications, including herbal supplements.

Not all herbs are safe, especially if you are undergoing treatment; always consult a healthcare professional before taking them.

Herbal Remedies for Kidney Health

Cranberry: A well-known fruit for kidney and urinary tract health, cranberry has excellent anti-lithogenic properties that help prevent kidney stones and urinary infections.

Turmeric: Known scientifically as Curcuma longa, this spice offers reno-protective benefits that help prevent kidney damage.

Its active compound, curcumin, supports kidney function, reduces inflammation, and aids detoxification.

Beetroot: Research is ongoing into beetroot's potential in preventing and managing chronic kidney diseases (CKD).

This vegetable can improve blood pressure and reduce inflammation, both of which are beneficial for kidney health.

Apple: A kidney-friendly fruit, apples are recommended for individuals with renal impairment due to their low potassium, phosphorus, and sodium content.

They can also help reduce creatinine levels, which, if untreated, may lead to kidney failure.

Ginger: Zingiber officinale aids in blood purification and enhances oxygen flow in the body. Drinking ginger tea supports digestion and helps maintain proper kidney function.

Lemon: Often referred to as the body's "inner shower," lemon juice acts as a diuretic, helping to flush out toxins.

This cleansing action can improve kidney function.

Nettle: Stinging nettle (Urtica dioica) is traditionally used to address kidney and urinary tract conditions.

Its decoction can help balance creatinine levels and break down proteins and minerals in the kidneys.

Celery: Apium graveolens supports healthy kidney function and lowers the risk of chronic issues.

As a diuretic herb, celery helps reduce edema and dilute uric acid and kidney stones for easier elimination.

Suggested Ingredients for a Kidney-Friendly Drink:

- ½ cucumber, sliced
- 1 beetroot, sliced
- 1 apple, sliced
- 1-inch piece of ginger, chopped
- Juice of ½ lemon

These ingredients can be blended to create a refreshing, kidney- supporting drink!

STEPS:

Cut the cucumber, beetroot, apple and ginger into small pieces. Put them together in a blender.

Add the lemon juice.

Blend until smooth.

In the morning, start your day by drinking an 8-ounce glass of warm water mixed with 1 tablespoon of lemon juice.

Follow this with approximately 12 ounces of the kidney-cleansing smoothie for breakfast before consuming any solid foods.

While many people undertake specific detox regimens for kidney cleansing, simply incorporating plenty of fruits, vegetables, healthy foods, and adequate water intake can greatly benefit your kidneys.

If you notice any symptoms, get tested promptly, as early intervention can significantly protect your kidney health.

PINE NEEDLE-INFUSED OIL FOR RHEUMATISM AND ARTHRITIS

When people mention a pine tree, they are typically referring to the genus *Pinus*, which encompasses over 120 species that naturally thrive in the Northern Hemisphere but can now be found worldwide.

Pine trees belong to the broader category of conifers, meaning they are related to species like spruce, larch, fir, and cedar.

Another advantage of pine needles is their year-round availability.

You can harvest them at any time, making them a valuable resource during winter when deciduous trees have shed their leaves.

WHICH PINE SPECIES TO CHOOSE

Pinosylvin stilbenes have been demonstrated to reduce inflammation and help treat arthritis.

These compounds are found in all species of Pinus, so you don’t need to be selective about which pine tree you choose.

Interestingly, the content of pinosylvin stilbenes increases when the tree is under attack from nematodes.

With over 120 species of pine trees and more than 800 cultivars, there are plenty of options available.

Below, you'll find information about some of the more common varieties found around the world.

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Eastern White Pine (Pinus strobus)

This species is rich in antioxidants and possesses anti-microbial, anti-inflammatory, anti-carcinogenic, antiviral, and anti-aging properties.

Aleppo Pine (Pinus halepensis)

Known for its higher concentrations of vitamin E, tocotrienol, and powerful anti-inflammatory compounds, this Mediterranean pine stands out among its peers.

Canary Island Pine (Pinus canariensis)

This variety boasts a greater amount of limonene compared to other Mediterranean pines.

Scots Pine (Pinus sylvestris)

Scots pine contains the highest levels of total fatty acids, with knotted wood showing a higher concentration of pinosylvins.

French Maritime Pine (Pinus pinaster)

The bark extract is rich in procyanidins, taxifolin, catechin, and phenolic acids, and is used orally to reduce inflammation associated with osteoarthritis, leading to improved mobility and decreased pain.

Black Pine (Pinus negra)

This species is also high in pinosylvins, but in different ratios compared to Scots pine.

Red Pine (Pinus densiflora)

Rich in strong antioxidants and anti-inflammatories such as taxifolin and quercetin glucoside, red pine offers significant health benefits.

WHY INFUSE OIL

Creating your own infused oil is more cost-effective than using essential oils.

While it may not be as potent, it offers greater versatility; it can be consumed, applied directly to the skin, or transformed into a salve, soap, or used for aromatherapy.

Many beneficial compounds found in pine needles and bark, such as pterostilbene, resveratrol, pinosylvin, and other stilbenoids, are oil-soluble.

Additionally, the natural resins and oils present in the pine needles will also infuse into your chosen carrier oil.

WHICH CARRIER OILTO USE

If your oil is plant-based, it will be safe for both consumption and topical use, making it suitable for addressing rheumatism and arthritis.

Choose a carrier oil that you enjoy the taste of.

I recommend avoiding strong-flavored oils like sesame oil and opting for a versatile option, such as olive or vegetable oil, that can be used in various dishes.

PINE NEEDLE-INFUSED OIL RECIPE

YOU WILL NEED:

- 0.6oz. /18g. of pine needles (I used White Pine needles)
- 2.5oz. /72g. of olive oil
- Mason jar
- A pot and warm water

METHOD

This remedy requires dried pine needles (and/or bark). Pine needles usually take about a week to dry on a shelf, while bark may take at least two weeks, depending on the room's humidity and temperature.

- Roughly chop the dried pine needles and weigh them.
- Place them in a jar and cover with about four times as much oil, achieving a 1:4 ratio. If you want a stronger infusion, you can use a 1:2 ratio by adding only twice the amount of oil, but this will require grinding the needles into smaller pieces to ensure the oil fully covers them.

- Set the jar in a pot of warm water (no more than 100°F or 37°C) for 2 to 3 hours.
- Strain out the needles, and your infused pine needle oil is ready to use.

HOW TO USE

Because this remedy uses edible oil, you can both consume it and apply it topically. Simply massage the oil directly onto your skin and add 1 to 2 teaspoons to your daily diet.

Unlike essential oils, your infused pine needle oil can be used generously in cooking, baking, or drizzled over salads.

Many studies have shown significant improvement after three months of daily use.

STORAGE

Store the oil in a dark, cool location and it should last about a year.

THE BOTTOM LINE

Pine trees have been utilized by humans for centuries, and their versatility has allowed them to thrive in natural forests, plantations, gardens, and parks around the globe.

They provide valuable resources for both people and wildlife, and their beneficial compounds can easily be extracted into warm oil.

This makes pine oil an ideal remedy for arthritis and rheumatism, usable throughout the year.

HOW TO MAKE PENICILLIN SOUP

It’s that time of year again—the season when communal colds spread like wildfire, turning snotty noses into a norm.

Ah, the joys of winter, right? To combat the inevitable sniffles, it’s wise to pay extra attention to your health during these chilly months.

Enter the warm embrace of what some call "penicillin soup." Known in various cultures as antibiotic soup, natural penicillin, or even Mother Nature’s remedy, this nourishing dish has been cherished worldwide.

It’s fascinating to see how different cultures interpret it, with each adding their unique twist.

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A quick online search reveals an array of delicious recipes, including:

- **Jewish penicillin soup**
- **Italian penicillin soup**
- **Greek penicillin soup**
- **Mexican penicillin soup**
- **Portuguese penicillin soup**
- **Japanese penicillin soup**

Yet, most of us simply call it good old homemade chicken soup. But this isn't just any chicken soup—this is a medicinal powerhouse!

Packed with vitamins and minerals, it’s designed to not only cure a cold but potentially help prevent one, too.

In this special recipe, we elevate the classic by using mineral- and collagen-rich bone broth instead of regular chicken stock.

This adds depth of flavor and a nourishing quality that makes all the difference. With a rich, hearty profile complemented by turmeric and black pepper, this soup is a true delight.

Bone broth outshines traditional chicken broth in nutrition, boasting higher protein, collagen, and a variety of essential vitamins and minerals.

While chicken broth will do in a pinch, it simply can’t compete with the nutrient density of bone broth.

So, why not treat yourself to a bowl that not only warms your body but also boosts your health?

PENICILLIN ANTIBIOTIC CHICKEN SOUP

Penicillin works by eliminating germs in the body and preventing their spread.

However, being an antibiotic, it can lead to antibiotic resistance and changes in bacteria.

Using antibiotics may also weaken your body's natural immune response, so they should only be taken when absolutely necessary.

Instead, it's wise to support your body's natural defenses whenever you can.

That's where penicillin soup comes in—an effective alternative to antibiotics that's also delicious and nourishing!

For this recipe, I've chosen herbs with medicinal properties akin to antibiotics:

- **Thyme**: Known for its antiviral, antibacterial, anti-inflammatory, and antioxidant benefits.
- **Black Pepper**: Offers anti-inflammatory and antioxidant effects, while also aiding nutrient absorption and relieving pain, cough, and congestion.
- **Sage**: A powerful natural antibacterial and antiviral agent, rich in anti-inflammatory and antioxidant properties.

- **Turmeric**: Renowned for its strong antioxidant, anti-inflammatory, and pain-relieving qualities.
- **Garlic**: Highly antimicrobial, effective against tough viruses and bacteria, and acts as an antitoxin.

The vegetables in this soup are packed with vitamins that aid in repair. For instance, carrots provide beta carotene, and celery not only keeps you hydrated but also has antimicrobial properties.

The first step in creating this antibiotic soup is to make bone broth. While it takes some time, it's quite simple to prepare.

Bone Broth Recipe

- Preheat your oven to 350°F (175°C).
- Place the chicken in a Dutch oven and sprinkle it with sea salt.
- Roast the chicken until the meat easily pulls away from the bone, about 3 hours.
- Remove the chicken from the oven and let it cool completely. Once cool, shred the meat and set it aside for the soup.
- Place the bones in a crock pot, add ¼ cup of apple cider vinegar, and fill with water.
- Cook on high for anywhere from 3 hours to 3 days. I usually go for about 3 days until the bones can be easily crushed between my fingers. Just be sure to add more water if it gets low.
- Now you're ready to transform this broth into a comforting soup!

HOMEMADE PENICILLIN SOUP RECIPE

You Will Need:

- 8 cups of bone broth
- 2 cups cooked chicken, diced into bite-sized pieces
- 2 carrots, chopped
- 2 stalks of celery, chopped
- 1 whole onion, chopped
- 1 cup protein-rich noodles
- 1 heaping tablespoon minced garlic (about 5-6 cloves)
- ¼ teaspoon ground dried rosemary
- 1 teaspoon dried thyme
- ½ teaspoon black pepper
- ¼ teaspoon turmeric powder
- 4 teaspoons mineral sea salt

Instructions:

Step 1: In a medium-sized pot, combine the carrots, celery, and onions. Add enough bone broth to fully cover the vegetables. Cook

over medium heat until it reaches a simmer, then reduce the heat to medium-low and let it simmer.

Step 2: Stir in the rosemary, thyme, garlic, salt, black pepper, and turmeric. Continue to simmer until the vegetables are soft, about 30 minutes.

Step 3: Add the noodles and cook for 10–15 minutes, or until they're tender.

Step 4: Stir in the cooked chicken. Remove from heat and let it sit for 5–10 minutes before serving.

For an extra nutritional boost, consider adding adaptogenic mushroom powders, like reishi, chaga, or turkey tail, at any point during cooking.

Adaptogens are fantastic for supporting the immune system and helping the body manage stress.

Enjoy your nourishing soup!

TANGERINE PEEL TINCTURE FOR BRONCHITIS AND DRY COUGH

It's finally here! After patiently waiting, your favorite time of the day—snack time—has arrived! You've brought along a delightful tangerine, ready to be peeled for its juicy goodness.

But wait!

Don't toss those peels! They're incredibly valuable, especially when cold and flu season rolls around.

Tangerine peel health benefits are well recognized in Traditional Chinese Medicine (TCM).

For centuries, practitioners have utilized citrus peel extracts and teas, including tangerine peel tea, to address various health issues.

Additionally, tangerines and oranges are often given as gifts in Chinese culture, symbolizing happiness and prosperity. Feeling happy and healthy? That sounds wonderful, doesn't it?

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SO, WHAT EXACTLY IS A TANGERINE

While tangerines are technically a type of orange, there are various subclasses within the orange family, much like flowers and other fruits.

Specifically, tangerines are a variety of mandarin orange, but not all mandarins qualify as tangerines.

Tangerine mandarins tend to be darker in color and sweeter than their mandarin counterparts.

Now that we've clarified that, let's explore the potential health benefits of tangerine peels.

Citrus peels, in general, boast numerous medicinal properties, and tangerine peel is no exception—especially when it comes to effective remedies for coughs and colds.

TANGERINE PEEL BENEFITS

Tangerine peels offer much more than just vitamins and minerals, though those benefits are impressive on their own.

Like other citrus peels, tangerines are rich in vitamins C, A, and B, as well as powerful carotenoids like alpha-carotene and beta-carotene, which contribute to their vibrant color.

However, the real healing power of tangerine peels comes from three naturally occurring compounds: hesperidin, tangeretin, and nobiletin.

These flavonoids work in harmony with the vitamins and antioxidants found in tangerines, creating a robust defense against cough and cold symptoms.

In fact, these beneficial compounds are present in higher concentrations in the peels than in the juice or flesh, making them highly absorbable by the body.

Tangerine peels can help with:

- Detoxifying the liver

- Stimulating lymphatic drainage
- Combating coughs, colds, flu, and infections
- Boosting immunity
- Reducing inflammation
- Lowering cholesterol
- Stabilizing blood sugar
- Reducing mucus and phlegm

Nutrition plays a crucial role in illness prevention, and recent studies from the University of Verona highlight the health benefits of foods rich in these compounds.

The natural chemicals in tangerine peels may also have antiviral properties and are key to modulating the immune system, helping protect cells from oxidative stress linked to infections, including viruses.

The anti-inflammatory effects of citrus peel extracts are closely tied to nobiletin and tangeretin.

These compounds can help reduce inflammation in the lungs and bronchial tubes, potentially preventing symptoms from becoming overwhelming.

Interestingly, heating these flavonoids to at least 202°F enhances their potency. In this recipe, we'll be tincturing tangerine peels, further increasing their effectiveness.

Just add your tangerine tincture to a cup of hot tea, and you'll have a powerful remedy for coughs and colds!

TANGERINE PEEL TINCTURE

Quick Note: Citrus peels, like many fruit peels, can carry a significant amount of pesticides. It's crucial to purchase organic
and non-GMO fruit, especially when you're making herbal tinctures.

You Will Need:

- 2-3 tangerines (just the peels)
- 1 cup of high-proof grain alcohol or pure vodka
- 2 pint-sized jars with lids
- A 6x6 inch square of cheesecloth
- Storage bottles
- Dehydrator (optional)

INSTRUCTIONS

Wash your tangerines thoroughly with cold water. Peel them and set the peels aside; you can eat the inner fruit or discard it, as we won't be using it.

Place the tangerine peels in a dehydrator for 2-3 hours. If you don't have a dehydrator, you can air dry them instead.

Just spread the peels out on a towel in a warm, dry spot for 24-48 hours. They're ready for use once they feel stiff.

Once dried, transfer the tangerine peels to a jar. Cover them with a cup of grain alcohol or vodka.

If this isn't enough to fully submerge the peels, feel free to add more. Keep in mind that you may need to top off the alcohol during the tincturing process, as it can evaporate.

You can also use a lid instead of cheesecloth, but be aware that the alcohol may cause rust on the lid due to condensation.

Store the jar in a cool, dark place, like a cupboard, for four to six weeks.

After this period, your tincture should be a dark yellow to orange color. Remove the jar and pour the contents into a second jar.

You can divide the tangerine tincture into dropper bottles if you prefer, or keep it in the original jar.

When stored in a cool, dry place, it can last up to two years.

DOSAGE INSTRUCTIONS

Using a dropper, add 5-10 drops of tincture to a hot cup of tea or water. You can enhance the flavor and benefits by adding ginger, cinnamon, or honey for a soothing tonic!

This tonic is not recommended for children under two years old. For kids aged 2 to 12, use only 5-7 drops. As a general rule, the younger the child, the fewer drops should be used.

Hot water helps evaporate the alcohol, and it also intensifies the tincture's effects!

THE LUNG TINCTURE

Our lungs are vulnerable to various illnesses, especially when exposed to airborne pollutants and irritants.

These conditions can easily spread, leaving anyone at risk. Respiratory issues are the last thing we want, yet they often greet us with each change of season.

Maintaining lung health requires a supportive lifestyle. At a minimum, this includes a nutritious diet, regular exercise, a smoke- and dust-free environment, and good hygiene practices.

For those with chronic respiratory issues, incorporating lung tonic herbs can be a beneficial option.

Many herbs that promote lung health are readily available, whether in meadows, along pathways, or at your local grocery store.

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THE BEST HERBS FOR LUNGS

Our lungs are susceptible to various pathogens, making it essential to support their function with herbs that possess strong antiviral and antimicrobial properties.

Oregano, also known as wild marjoram (Origanum vulgare), is a powerful herb for detoxifying the lungs and clearing the respiratory tract.

It contains compounds like carvacrol and terpenes, which help cleanse the lungs by expelling phlegm, mucus, bacteria, and irritants.

This can be particularly beneficial for relieving coughs, colds, and related illnesses.

Additionally, oregano is recognized for its effectiveness in managing asthma.

Peppermint (Mentha piperita) contains menthol, a powerful expectorant. Using peppermint tincture or inhaling its steam can help loosen even the most stubborn mucus in the lungs.

Additionally, peppermint acts as an antispasmodic, relaxing the bronchial muscles for easier breathing.

Lungwort (Pulmonaria officinalis) gets its name from its lung-shaped leaves and has long been used by herbalists to treat various lung disorders.

It can help alleviate conditions like bronchitis, pneumonitis, pulmonary fibrosis, and tuberculosis.

Additionally, lungwort is effective in clearing the tar that accumulates in the lungs of smokers.

Mullein (Verbascum thapsus) is known for its ability to alleviate nasal congestion when its leaves are burned.

This bitter and astringent herb offers a variety of health benefits, particularly for lung health.

Additionally, mullein acts as an immune booster, helping the body combat respiratory infections.

MARSHMALLOW

The root of the marshmallow plant (Althaea officinalis) is an effective remedy for whooping cough, pleurisy, and asthma.

This mucilaginous herb coats the airways, soothing soreness and reducing bronchial spasms.

It helps clear and loosen mucus while preventing bacterial growth and alleviating throat irritation.

Plantain (Plantago major) is a soothing herb that can be made into a healing lung tincture. Known for its expectorant properties, it effectively treats coughs and lung inflammation.

Plantain is particularly beneficial for chronic bronchitis and asthma, and it also helps alleviate cold symptoms.

Ginger is easily accessible and can be enjoyed in various foods and drinks. It can also be prepared as an oil or tincture, enhancing its healing properties.

A ginger tincture is particularly effective for relieving respiratory issues, allergies, and hay fever.

White horehound (*Marrubium vulgare*) is an effective herb for addressing respiratory issues. It's commonly used to treat coughs, chest congestion, and lung inflammation.

This bitter and astringent herb can be consumed as a tea, infusion, or tincture for fast relief from breathing difficulties.

Thyme (*Thymus vulgaris*) is a common kitchen spice that serves as a remedy for respiratory disorders.

Its tincture is particularly effective for alleviating symptoms of coryza, whooping cough, laryngitis, asthma, and bronchitis.

Thyme also boasts strong antimicrobial properties, helping to inhibit bacterial growth and treat pneumonia.

Elecampane (*Inula helenium*) is a bitter herb renowned for its efficacy in addressing lung issues.

The tincture of Elecampane provides a warming effect on the lungs, helping to relieve coughs and expel phlegm.

It is highly regarded in both Ayurvedic and Traditional Chinese Medicine for its effectiveness in treating various respiratory conditions.

MAKING A DIY LUNG TINCTURE

Single-herb tinctures are a great option due to their versatility, allowing you to mix different herbs later on.

Making a lung tincture is straightforward.

Most tinctures need at least two weeks to steep, though some may require longer.

In this recipe, I used Cuban Oregano, which, while not a true oregano, is an excellent herb for respiratory health, addressing issues like bronchitis, allergies, asthma, colds, and coughs.

The standard ratio for preparing a tincture is 1 part dried herb to 5 parts alcohol. If you're using fresh leaves, use a ratio of 1 part fresh herb to 2 parts vodka, accounting for the moisture content in the fresh plant.

I prefer dried herbs for tinctures, as the moisture in fresh herbs can lead to mold growth, especially when glycerin is used instead of alcohol as a solvent.

MY TINCTURE RECIPE FOR HEALTHY LUNGS
YOU WILL NEED:

- 1 oz dried, finely chopped oregano leaves
- 5 oz 80-proof vodka

- A glass jar
- Parchment paper
- An amber bottle with a dropper

STEPS:

- Fill the glass jar with the dried oregano leaves.
- Pour the vodka into the jar, ensuring that the herbs are completely submerged.
- Cover the jar's opening with parchment paper and seal it tightly. Store it in a cool, dark place for at least 3 to 4 weeks, shaking the jar regularly.
- After steeping, strain the oregano and transfer the tincture into a bottle.

HOW TO USE

To use the oregano tincture, dispense one to two dropperfuls into a glass of water or any beverage to dilute it. If you can handle the strong flavor of the vodka, you can take it directly by placing the tincture under your tongue and holding it for about a minute before swallowing. This method allows for quicker absorption into the bloodstream.

For optimal results, take tinctures on an empty stomach or between meals, up to three times a day. If you're considering using oregano tincture for children, you can substitute the alcohol with vegetable glycerin.

DETOXIFY HEAVY METALS FROM YOUR BODY WITH THIS REMEDY

Heavy metals such as copper, selenium, and zinc are essential for the body's metabolism and for tissue growth, repair, and development.

These elements are classified as trace minerals.

However, even trace minerals can become toxic at high concentrations.

Completely avoiding exposure to heavy metals is nearly impossible, as they are present in our water, air, food supply, hygiene products, and medications.

The primary concern is that these metals can bioaccumulate, meaning they build up in our bodies over time.

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WHY DO A HEAVY METAL DETOX?

Occasionally performing a heavy metal detox is a smart choice.

There are various approaches to detoxifying heavy metals from the body, ranging from comprehensive detox protocols that include supplements, dietary changes, juices, and smoothies, to simpler, quick cleanses that focus on minimizing heavy metal exposure.

Today, I'll share an effective heavy metal detox smoothie recipe that really works. I'll also provide some tips for those interested in a more thorough detox on their own.

Why is this important?

Research has linked an excess of heavy metals in the body to numerous chronic health issues, such as:

- Neurological disorders
- Autoimmune diseases, particularly Lyme disease
- Skin problems
- Digestive issues
- Chronic aches and pains
- Cognitive and memory difficulties
- Sleep disturbances
- Impaired motor control
- Anemia

Individuals dealing with these conditions may need additional guidance for heavy metal detoxification and should consider consulting a medical professional.

However, this detox drink can help eliminate some metals for general cleansing purposes and promote a healthier state—plus, it tastes delicious!

The goal is to reduce the accumulation of heavy metals moving forward.

Let's take a moment to discuss what heavy metal accumulation looks like, its potential effects, and other steps you can take to restore balance to your body.

EFFECTS OF HEAVY METAL EXPOSURE

Heavy metals can be highly toxic and damaging to the body. Some of the most harmful heavy metals include mercury, lead, arsenic, cadmium, aluminum, nickel, uranium, and thallium.

Additionally, excessive amounts of essential minerals such as manganese, iron, lithium, zinc, and calcium can also become toxic.

Arsenic, cadmium, lead, and mercury are particularly common toxic metals that have no beneficial effects on the body and are significant contributors to noncommunicable chronic illnesses.

These metals tend to accumulate in fat cells, making them difficult for the body to eliminate.

They can also build up in organs and tissues and cross the blood- brain barrier, leading to neurological problems.

Prolonged exposure to heavy metals can result in degenerative issues affecting the skeletal, muscular, and nervous systems.

The good news is that these metals can be bound through chelation and expelled from the body, and certain nutrients found in foods can facilitate this process.

That’s why consuming specific juices and smoothies can help remove accumulated heavy metals.

Now, let’s take a closer look at the ingredients in the heavy metal detox smoothie recipe.

HEAVY METAL DETOX RECIPE INGREDIENTS

Moringa: Known for its ability to bind to heavy metals, moringa is one of the best treatments for arsenic poisoning.

It’s rich in rare antioxidants and supports kidney and liver health, reduces inflammation, and aids in detoxification.

Ginger: A staple in many detox plans, ginger promotes sweating, digestion, and circulation. It effectively helps eliminate waste and toxins accumulated in the colon, liver, and other organs.

Cilantro: Cilantro leaves possess strong chelating properties, binding to heavy metals for removal through the body's excretory system.

It can also detoxify other neurotoxins like phthalates, plasticizers, and pesticides.

Parsley: This super antioxidant not only removes heavy metals from the body but also boosts glutathione production.

Cinnamon: Known to bind and eliminate heavy metals, cinnamon reduces oxidative stress and inflammation, as shown in animal studies.

Papaya: High in vitamin C, papaya helps mitigate damage from heavy metal toxicity. It also promotes digestion and enzyme production and contains sulfur and other antioxidants that aid in detoxifying organs like the liver.

Orange: Rich in antioxidants and detoxifying vitamins, particularly vitamin C.

Chia Seeds: A great source of fiber, chia seeds help pull toxins out of the body through the stool.

Bone Broth: Provides essential minerals that may be lost during the chelation process.

Now, let's blend these ingredients together for a powerful detox smoothie!

HEAVY METAL DETOX SMOOTHIE RECIPE

You Will Need:

- ¾ cup papaya, diced
- 1 tablespoon moringa powder
- ½ inch piece of ginger root, peeled
- A small handful of cilantro
- A small handful of parsley
- 1 orange, segmented
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract (I prefer powder)
- 2 tablespoons chia seeds
- 1 cup prepared bone broth
- 1 cup ice
- 2 tablespoons honey
- 4 tablespoons date sugar or 4 raw dates for additional sweetness

Steps:

Soak the Chia Seeds: Combine the chia seeds with the bone broth and let them soak while you prepare the other ingredients.

Prepare the Ingredients: Gather all your ingredients and measure them out. Cut everything into small pieces for easy blending.

Add Ice: Place the ice in the blender first.

Blend: Add the remaining ingredients on top of the ice. Blend until smooth.

Enjoy: Pour into a glass and enjoy your refreshing detox smoothie!

HOW TO USE THIS REMEDY

You can enjoy this smoothie as often as you like!

That's the beauty of using food as medicine—it’s safe and beneficial. The more you drink it, the more detoxification you’ll achieve.

For optimal results, try to consume your heavy metal detox smoothie on an empty stomach and wait at least an hour before eating or taking any medications.

Remember, detoxing and nourishing your body are distinct processes; they can't happen simultaneously. Your body needs time to complete the detoxification process.

Here are some recommended vitamins to enhance your heavy metal detox:

- **Chlorella**: 4-8 capsules daily (or as directed on the package)
- **Vitamin C**: 3000 mg daily
- **Cilantro Tincture**: 2 times a day
- **Shilajit**: 100-500 mg daily on an empty stomach
- **Milk Thistle Tea**: 2 times a day
- **Probiotics**: Once daily

Incorporating these supplements can further support your detox journey!

DIY PAINKILLING EXTRACT FROM A PINEAPPLE

Bromelain, an enzyme found in pineapples, boasts numerous medicinal benefits.

Traditionally used in Central and South America for centuries, pineapples have been valued for their ability to reduce inflammation, promote wound healing, and aid digestion.

Bromelain itself was isolated in the late 19th century and is now widely used in various treatments to alleviate pain and address specific health issues.

While bromelain is present in the fruit and juice, it is more concentrated in the stem.

This enzyme can be applied in multiple ways: topically, as a cream for healing wounds and burns, or orally, in the form of tablets, powder, or capsules, to help manage pain and treat or prevent certain conditions.

Today, I'll guide you on making a DIY pain-relieving extract from pineapple to harness the benefits of bromelain.

First, let's explore how it can help reduce pain and assist with other medical conditions.

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THE PAINKILLING EFFECT OF BROMELAIN

Bromelain acts as a natural painkiller due to its analgesic properties, making it effective for managing discomfort.

Its strong anti-inflammatory effects help reduce swelling, which in turn alleviates pain and symptoms associated with various conditions.

This makes bromelain a popular choice for addressing sports injuries and post-surgery pain, although research on its effectiveness after surgery has shown mixed results.

However, it has been reported to provide relief for foot, nasal, and dental surgeries.

Here are some common medical conditions where bromelain is often used to help manage pain:

Arthritis & Osteoarthritis: Bromelain can assist those with arthritis or osteoarthritis by minimizing joint pain and swelling.

While studies have yielded varied outcomes, many suggest that benefits improve with consistent use over several weeks.

Carpal Tunnel Syndrome: Bromelain may also alleviate pain, tingling, and numbness in the fingers of individuals suffering from carpal tunnel syndrome.

THE MEDICINAL BENEFITS OF BROMELAIN

Bromelain can also be beneficial in treating or preventing various medical conditions:

Cancer: It may help protect against or combat certain types of cancer, such as breast cancer, by slowing the growth of cancer cells. It could also be beneficial for individuals with leukemia, sarcoma, and lung cancer.

Sinusitis: Bromelain can reduce nasal inflammation, making it easier to breathe and potentially shortening the duration of acute symptoms associated with sinusitis.

Inflammatory Bowel Disease (IBD): It can help suppress the inflammation caused by IBD.

Asthma: Bromelain may aid in treating asthma by reducing airway inflammation and decreasing mucus buildup in the respiratory system.

Strokes: With its anti-clotting properties, bromelain may help prevent strokes by supporting cardiac tissue health and reducing inflammation from plaque buildup in blood vessels.

Digestion: It assists in digestion by breaking down proteins like collagen into amino acids and can help speed up slow digestion, alleviating cramping and other digestive discomforts.

Cardiovascular Disease: Bromelain can lower systolic blood pressure, which may help combat cardiovascular disease.

Colitis: It may reduce inflammation and help treat mucosal ulcers.

Bromelain is generally considered safe for most people and is classified as a dietary supplement by the U.S.

Food and Drug Administration (FDA). However, it can interact with certain medications, particularly blood thinners, and may enhance the effects of antibiotics, anti-seizure medications, and sedatives.

If you are taking any medications, consult your doctor before using bromelain to ensure it is safe for you. It is also not recommended for pregnant women.

HOW TO EXTRACT BROMELAIN FROM A PINEAPPLE

Creating this extract is straightforward, but it requires about six weeks for the mixture to be ready. Each milliliter of extract contains approximately 4 calories.

Ingredients

- 1 Pineapple
- Vodka (at least 40% alcohol)

Utensils

- Sharp knife
- Chopping board
- Glass jar
- Fine strainer
- Cheesecloth
- Bowl or container
- Dropper bottles

METHOD

Step 1

Remove the skin from the pineapple and cut around the stem. You may want to chop the fruit into pieces for later snacking or breakfast. (*If you're interested, you can use the pineapple skin to make tepache, a fermented Mexican drink that promotes gut health. It's easy to prepare and takes about three days to ferment.)

Step 2

Slice the pineapple stem into small rings.

Step 3

Place the pineapple stem pieces into a glass jar. Pour vodka over them, ensuring that all the pieces are fully submerged.

Step 4

Seal the jar tightly and store it in a cupboard away from heat and light for about six weeks.

Step 5

After six weeks, retrieve the jar and prepare a container or bowl to catch the liquid you'll strain. Place a fine strainer over the container and cover it with a few layers of cheesecloth.

Step 6

Remove the lid from the jar and pour the contents over the cheesecloth. Discard the used pineapple stem pieces.

Step 7

Transfer the bromelain extract into dropper bottles, depending on the amount you have and the size of the bottles. Your extract is now ready to use!

You can take 1 ml up to three times a day—ideally spaced out to one dose in the morning, afternoon, and evening.

Some studies suggest that bromelain is most effective on an empty stomach for reducing inflammation, so consider taking it before or between meals.

If you’re using it to aid digestion, take it with meals. Store your bromelain extract in a cool, dark cupboard, where it will last for up to six months.

NATURAL REMEDIES FOR JOINT PAIN

Joint pain, whether it's a dull ache or a sharp, shooting sensation, can significantly affect our quality of life and hinder our ability to perform daily activities.

Various factors, from osteoarthritis to overuse injuries, can lead to joint discomfort. In this article, we'll delve into some of the most common causes of joint pain and offer tips for managing and alleviating your symptoms.

CAUSES OF JOINT PAIN

Arthritis is an inflammatory disease of the joints that affects millions globally. It causes symptoms like swelling, stiffness, and a burning sensation, primarily impacting the knees, hips, and hands.

This condition can significantly limit daily activities. According to the CDC, arthritis is one of the leading causes of work disability among adults.

There are around 100 types of arthritis, with osteoarthritis and rheumatoid arthritis being the most common.

While arthritis is often associated with older individuals, younger people can also develop the condition due to various factors.

Those affected often turn to pain management techniques such as massage, acupuncture, and herbal remedies.

Doctors may prescribe anti-inflammatory medications or recommend surgical interventions, including joint replacement, when necessary.

Osteoarthritis (OA), often referred to as “wear-and-tear” arthritis, is a degenerative type that results from changes in bone tissue and cartilage.

As these tissues deteriorate, friction and inflammation occur, leading to joint damage.

Rheumatoid arthritis (RA), on the other hand, is an autoimmune condition where the immune system attacks its own connective tissues.

This systemic disease causes painful swelling and can affect multiple tissues simultaneously. Over time, RA can deform bones and lead to complications in other organs.

Gout is another type of arthritis characterized by the accumulation of uric acid crystals in the joints, resulting in intense pain and inflammation.

It most commonly affects the big toe but can involve other joints as well. Treatment usually includes medications, and lifestyle modifications—such as reducing alcohol intake and avoiding certain foods—can also be beneficial.

Fibromyalgia is a chronic condition that causes widespread pain, fatigue, sleep disturbances, and more.

Although its exact cause is not fully understood, it is believed to relate to how the brain processes pain signals.

Treatment typically combines medication with lifestyle changes, including regular exercise and stress reduction.

Joint pain can also arise from overuse injuries, such as tennis elbow or runner’s knee, which occur when repetitive stress is placed on specific joints or muscle groups.

To prevent these injuries, it’s essential to warm up properly before exercise, maintain proper lifting form, and allow adequate recovery time between workouts.

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NATURAL REMEDIES FOR JOINT PAIN

Chronic pain experienced by arthritis patients often continues despite the best efforts of modern medicine and treatment programs.

As a result, many individuals turn to complementary therapies to help manage their symptoms more effectively.

Inflammation is a primary source of discomfort in arthritis, making herbs with strong anti-inflammatory properties a promising option.

Some of these herbs contain compounds that act similarly to NSAIDs, providing relief from chronic pain.

TURMERIC

Turmeric (Curcuma longa) is a versatile root known for its potential to address a wide array of ailments, even those with unknown causes, known as idiopathic diseases.

The key compound in turmeric, curcumin, is a powerful anti-inflammatory antioxidant, making it an effective treatment for various conditions, including joint pain relief.

When consumed, turmeric helps neutralize free radicals and prevents further cellular damage.

To alleviate arthritic pain, dissolve 1 teaspoon of turmeric in a glass of lukewarm plant-based milk. Adding a pinch of black pepper enhances its absorption.

Drink this mixture twice daily until your symptoms improve.

GINGER

Ginger (Zingiber officinale) is a commonly used herb for alleviating arthritis-related pain.

It's effective for managing various types of pain, including osteoarthritis, rheumatoid arthritis, rheumatism, tendon inflammation, and sprains.

The rhizome of ginger has long been recognized in traditional medicine for its analgesic properties.

Regular consumption can significantly reduce pain and stiffness in arthritic joints. Some patients choose to use ginger alongside their arthritis medication, but it’s important to consult your doctor first to avoid any potential drug interactions.

However, ginger is generally safe in culinary amounts.

There are several ways to incorporate ginger as a joint pain reliever.

You can add it to your meals, brew it as tea, chew on the rhizome, or use it in powdered form.

A daily intake of about 4 grams of ginger powder or 4 cups of ginger tea is considered safe for managing arthritis symptoms.

GREEN TEA

Black tea, green tea, white tea, and oolong all originate from the same plant, Camellia sinensis.

The key difference among them lies in their fermentation processes, which affects their strength and flavor.

Green tea is not oxidized, making it light and fresh, while black tea offers a stronger brew.

All these teas can help alleviate joint pain, but green tea and white tea are less processed, which means they contain higher levels of polyphenols and less caffeine.

Green tea is particularly rich in polyphenols, including the powerful antioxidant epigallocatechin-3-gallate (EGCG), which helps block the effects of joint pain without harming cellular functions.

For joint pain relief, aim to drink two cups of green tea daily.

You can find green tea in tea bags at stores, or if you have access to the plant, you can brew loose-leaf tea by boiling its dried leaves.

Steep a tea bag or loose leaves in hot water for about 5 minutes, then enjoy the infusion. Feel free to add ice, honey, or lemon, or choose decaffeinated green tea—these additions won't diminish its healing properties.

EUCALYPTUS

Liniments, menthol rubs, and essential oils are effective options for temporary joint pain relief. One of the standout natural remedies is eucalyptus oil.

When applied topically, eucalyptus oil provides immediate relief due to its potent analgesic properties that target painful joints.

Eucalyptus oil is generally safe unless you have an allergy to it, so it's wise to conduct a patch test on a small area of skin first.

Because eucalyptus essential oil is quite concentrated, it should always be diluted in a neutral carrier oil, such as almond, coconut, or jojoba oil.

For arthritic pain relief, mix 15 drops of eucalyptus essential oil with 2 tablespoons of carrier oil.

Gently warm the mixture and massage it into the affected area. To enhance its effects, you can apply a heating pad afterward.

Note: Pure eucalyptus oil and its fresh form can be toxic, so avoid ingestion. If you want to enjoy eucalyptus in tea form, purchase dried eucalyptus in tea bags instead.

DEVIL'S CLAW

Devil's Claw (Harpagophytum procumbens) is a highly regarded natural remedy for arthritis, recommended by many herbalists.

It contains iridoid glycosides, which have powerful anti-inflammatory properties.

This makes it effective for relieving pain and reducing inflammation, ultimately enhancing physical function and mobility.

Similar to NSAIDs but with fewer side effects, Devil's Claw can be used fresh or dried, often brewed into teas.

Drinking the infusion once a day for two to three months may lead to significant improvements in arthritis-related pain.

Devil's Claw is also available in tablet, capsule, and liquid extract forms. If you choose these supplement options, it's advisable to consult your doctor first, especially if you are taking other medications.

YOU CAN TRY THIS EFFECTIVE DEVIL'S CLAW TEA TO RELIEVE JOINT PAIN:

Soak 1 teaspoon of Devil's Claw root powder in 250 ml of water overnight.

The next morning, strain the mixture and drink it once a day until your condition improves.

OTHER COMPLEMENTARY REMEDIES FOR JOINT PAIN

Pain can often worsen during the cold season, as the body becomes more sensitive to discomfort and blood circulation slows down.

In such times, you might explore every possible option to relieve the pain, including unconventional treatments.

Fortunately, complementary remedies can provide relief.

If you're feeling overwhelmed in your search for pain management, here are some methods that many arthritic patients trust.

ACUPUNCTURE

Acupuncture is an ancient Chinese practice that promotes healing through the insertion and manipulation of needles.

Its goal is to redirect the flow of energy, as disturbances in this flow are believed to cause pain and illness.

Researchers suggest that acupuncture stimulates the production of cortisol, which helps manage inflammation. Additionally, it

encourages the release of the body's natural pain-relieving chemicals, effectively reducing the sensation of pain.

HEAT AND COLD THERAPY

Heat and cold therapy is a well-established method for alleviating various types of body pain. This approach stimulates the body's natural healing processes.

Applying a hot compress to the affected area helps dilate blood vessels, improving circulation and reducing muscle spasms. In contrast, using a cold pack constricts blood vessels, which decreases swelling and numbs the pain.

Finding the right temperature levels that your body can tolerate may require some experimentation.

Depending on your arthritis symptoms, you can choose to use either method or alternate between the two.

Cold therapy is typically more effective for chronic pain, swelling, and inflammation, while heat is better suited for relieving stiffness and soreness in the joints.

MASSAGE

Massage, also known as touch therapy, is a drug-free method for providing short-term relief from arthritis pain.

It helps alleviate joint stiffness, enhances circulation, and increases the flexibility of the muscles surrounding the joints.

This natural treatment can be particularly effective for osteoarthritis.

However, caution is needed when considering massage for rheumatoid arthritis (RA), as massaging the affected area during an RA flare-up may exacerbate the condition.

FATTY ACIDS

Omega-3 fatty acids—ALA, DHA, and EPA—play a crucial role in reducing inflammation and preventing blood clotting.

They are considered essential because the body cannot produce them, so they must be obtained from food sources.

These fatty acids can also be sourced from fish oil or cod liver oil, with cod liver oil offering a high concentration of omega-3s, as well as vitamins A and D. However, due to its high content of these vitamins, cod liver oil can pose toxicity risks.

As a result, fish oil is often the preferred choice for those seeking to alleviate joint pain through omega-3 fatty acids.

TAKE AWAY

Natural remedies for joint pain can offer both short-term and long- term relief.

However, their effectiveness greatly depends on patients making lifestyle changes to prevent painful flare-ups.

Maintaining a healthy weight can alleviate pressure on the bones and joints, helping to prevent further damage.

Additionally, a balanced diet plays a crucial role in managing and potentially reversing joint pain.

DIY FERMENTED KALE FOR BLOOD PRESSURE

Whether you want to lower your blood pressure naturally or simply add some zest to your meals, fermented kale is a fantastic choice.

It's rich in essential vitamins and minerals and high in dietary fiber, which can help reduce blood pressure levels. People of all ages and lifestyles can reap the nutritional benefits of fermented kale.

For those dealing with elevated blood pressure, incorporating fermented kale into your diet can complement the lifestyle changes necessary for managing this condition.

In this article, we'll delve into the benefits of fermented kale for blood pressure and share a simple recipe to make this tasty garnish at home.

THE DANGERS OF HYPERTENSION

We're excited to share this fermented kale recipe because it's not only tasty but also a powerful plant remedy for high blood pressure (HBP).

Known as hypertension, HBP affects one in three Americans.

While it’s common, it’s also a serious health issue.

Often referred to as the "silent killer," hypertension can lead to significant cardiovascular problems, including heart disease and stroke, even in the absence of symptoms.

Before we explore the benefits of kale and the fermentation process, let's start with some background on blood pressure.

Blood pressure measures the force the heart exerts to circulate blood throughout the body. When you have your blood pressure taken, you'll see two numbers: systolic and diastolic.

Systolic blood pressure is the force exerted when the heart pumps blood into the arteries, while diastolic pressure is the pressure in the arteries when the heart is at rest between beats.

WHAT IS BLOOD PRESSURE

When a person has high blood pressure, their body can enter a harmful feedback loop.

The elevated pressure causes tiny tears in the artery walls, which then attract cholesterol deposits that form plaque.

This plaque buildup narrows the arteries even further, leading to even higher blood pressure and perpetuating the cycle.

As the arteries constrict, the heart must work harder to pump blood throughout the body, straining this vital muscle.

THE CYCLE OF HIGH BLOOD PRESSURE

High blood pressure isn't caused by a single factor; rather, it results from a combination of lifestyle choices.

An unhealthy diet and lack of physical activity both significantly increase the risk of hypertension. Key risk factors include:

Excess sodium intake (often paired with insufficient fruits and vegetables)

High consumption of alcohol and caffeine

Smoking

Lack of exercise

Sleep deprivation

Family history of high blood pressure

Healthy blood pressure is defined as anything below 120/80 mmHg. If your levels exceed this, making dietary and lifestyle changes—along with consulting healthcare professionals—can help bring it back under control.

Fermented kale is beneficial for everyone, whether you're looking to lower your blood pressure or simply maintain a healthy level.
Incorporating it into your diet is a great choice.

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WHY DOES FERMENTED KALE HELP

Kale is a true superfood, known for its impressive nutritional profile that can help lower blood pressure when included regularly in your diet.

This fibrous green is loaded with essential vitamins and minerals, such as magnesium, potassium, and vitamin C, all of which have been shown to contribute to reduced systolic and diastolic blood pressure.

Fermented foods also play a significant role in promoting blood pressure health. The fermentation process generates beneficial probiotics that can help alleviate hypertension. If you're concerned about salt fermentation, it's understandable—excess sodium is a known contributor to high blood pressure.

However, a study published in the Asia Pacific Journal of Clinical Nutrition found no correlation between salt-fermented food consumption and increased blood pressure in the average adult.

In fact, the lactobacillus produced during fermentation can aid the body in flushing out sodium more effectively.

While some might consider adding supplements for potassium or magnesium, it's often more beneficial to obtain these nutrients from food sources.

As noted by Julie Corless in the Harvard Health Review, "You're better off getting your magnesium from foods that are naturally rich in this important mineral." Good sources include pumpkin seeds, chia seeds, almonds, dark leafy greens, cashews, soymilk, whole grains, avocados, bananas, and legumes.

Fermented kale combines all these benefits, providing valuable minerals and nutritious fiber that together create a potent, blood pressure-lowering solution.

DIY FERMENTATED KALE FOR BLOOD PRESSURE

Fermented kale has a robust flavor, making it an excellent match for other bold ingredients that can complement its tangy profile.

In this kimchi-inspired recipe, the kale is enhanced with the vibrant flavors of onion, garlic, ginger, and chili.

INGREDIENTS:

8 oz. kale, stems removed and thinly

sliced 4 garlic cloves, minced

1/2 onion, diced

2 tsp. salt

2 tbsp. fresh ginger, grated

2 carrots, grated

1 tbsp. chili flakes

Quart jar or another fermenting container

Plastic bag

METHOD

1: Prepare Your Ingredients

Start by rinsing the kale and removing the stems. Chop the kale to your preferred thinness; I like to slice it lengthwise first and then chop it, as this helps soften the tough texture even after fermentation.

Next, mince, dice, and grate the other vegetables.

2: Massage the Mixture

In a bowl, combine all the vegetables and sprinkle in the salt along with the chili flakes. Massage the mixture for about two to three minutes, until the kale turns dark green and takes on a slimy texture similar to seaweed.

□□□□ 3: Add the Brine

Since kale releases less juice than cabbage, you'll need to add some water to create the brine for fermentation. Press the vegetable mixture down into your fermenting container (like a jar), then pour boiling water over the top until it just covers the veggies.

4: Set Up the Ferment

If you have a fermenting crock, follow the specific instructions for your equipment. If not, you can use a quart jar to ferment your kale kimchi with either the water bag or burping method.

In this case, we'll use the water bag method.

Insert a sturdy plastic bag into the jar, leaving the opening at the top. Pour water into the bag until it creates a seal over the kale.

This allows gas to escape as the ferment bubbles while keeping the kale protected from oxygen. I then loosely place the jar lid on top to prevent spills.

5: Ferment!

Allow the mixture to sit for four to seven days until your kale kimchi reaches your preferred level of sourness.

The exact timing will depend on room temperature and your taste, so feel free to sample it after a few days.

If you're new to fermented foods, start with one large tablespoon added to your meals.

As you become more accustomed to the flavor and feel adventurous, you can gradually increase to 2–3 tablespoons per day or more, depending on your preference.

TAKE AWAY

Fermented kale brings a vibrant kick to a wide range of dishes.

Its tangy, sour flavor complements various dressings and toppings, making it a perfect addition to a soba noodle salad or a Korean- inspired sandwich.

If you enjoy bold flavors, you might even savor it by the spoonful!

Beyond its potential to lower blood pressure, fermented kale may also support digestion and gut health, act as a detoxifier, boost the immune system, promote weight loss, and benefit eye health.

We'd love to hear about your favorite fermented veggie!

DIY STINGING NETTLE EXTRACT FOR JOINT PAIN

Nature has a way of surprising us. Often, what seems harmful can also provide healing. Take bee stings, for instance.

While most of us instinctively avoid them, some actually seek them out. Have you heard of bee venom therapy (BVT)?

This experimental treatment involves exposing a person to bee stings to alleviate pain and reduce inflammation.

Bee venom contains natural compounds that can have anti-inflammatory and pain-relieving effects, similar to nettles.

It's intriguing to think that something painful can also bring relief.

Many people report that BVT helps with joint pain and inflammation associated with certain types of arthritis. Nettles, too, offer similar benefits.

In this article, I'll provide an overview of stinging nettles and explain their role in relieving joint pain.

I'll also guide you on how to find, harvest, and transform them into a powerful natural remedy for pain management.

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THE BENEFITS OF STINGING NETTLE FOR JOINT PAIN

Let's dive into the science before we have some fun with this topic.

Research has shown that stinging nettles are a powerful natural remedy for reducing inflammation and alleviating joint pain.

Multiple studies indicate that they can significantly lower inflammation, particularly in individuals with conditions like arthritis and osteoarthritis.

The secret lies in how stinging nettles work: they trigger the release of serotonin and histamine, which stimulate pain neurons, reduce inflammation, and disrupt pain signals.

They also contain formic acid, which enhances cellular reactions, boosts capillary stimulation, and improves lymph movement.

These effects can help decrease inflammation, speed up healing, and enhance circulation.

Stinging nettles have been shown to reduce pain intensity in conditions ranging from arthritis to lower back pain, making them a fantastic natural alternative to potentially harmful pharmaceutical painkillers.

And the best part?

They grow just about everywhere!

FINDING STINGING NETTLE

When foraging for nettles, you're likely to come across one of two types: stinging nettle (Urtica dioica) and wood nettle (Laportea canadensis).

Both are nutritious and delicious wild edibles, but they have distinct characteristics.

Wood nettles have wider, broader leaves that alternate, while stinging nettles feature longer, leaner leaves that grow opposite each other.

Stinging nettle leaves are typically oval or lance-shaped, whereas wood nettle leaves are rounder.

Keep in mind that both varieties will give you a sting if you touch them without gloves!

To maximize their benefits and minimize stings, it's best to harvest stinging nettle leaves in the spring when they are fresh and green.

When collecting, pick the top few leaves and leave the lower ones intact.

Once the plants start to flower, the leaves are generally not used, as older leaves contain insoluble calcium carbonate crystals that can accumulate in the kidneys and potentially lead to infections or kidney stones, especially for those prone to such issues.

You can find stinging nettles in wooded areas or along riverbanks, where they thrive in open, dry locations, while wood nettles prefer shaded spots under trees.

Be sure to wear gloves and long sleeves to protect yourself from their stings while harvesting.

If fresh nettles aren't available in your area, you can also buy dried stinging nettles at health food stores or online.

Thankfully, they're relatively easy to find, and the risk of confusing them with harmful plants is low.

Alternatively, you might consider purchasing a ready-made stinging nettle tincture.

These tinctures are known for their excellent anti-inflammatory properties and can assist with conditions like gout pain, eczema, blood sugar regulation, allergies, and blood pressure control.

The recommended dosage is 1-2 dropperfuls (about 1-2 ml) up to three times a day. You can also mix the tincture with a carrier oil for topical application on problem areas.

MAKING YOUR OWN STINGING NETTLE EXTRACT

Making an oil extract from the nettle plant is simple and requires just a few ingredients: a jar, a carrier oil, and some nettles.

Be sure to wear gloves when picking stinging nettles, and gather the top growth from the plant.

For this joint pain relief extract, we'll use grapeseed oil. I chose grapeseed oil for a couple of reasons.

Its smaller molecular size compared to olive oil allows for easier absorption into the skin, helping herbal extracts penetrate deeper into the tissues and joints for enhanced effectiveness.

Plus, grapeseed oil is rich in linoleic acid, which aids in repairing the skin's natural barrier.

It’s also lighter and less greasy than olive or coconut oil, making it ideal for delivering medicinal properties to relieve joint pain in areas like the hands, knees, and legs.

And it has anti-inflammatory benefits on its own!

Here's a straightforward recipe for a nettle-infused herbal oil that you can apply directly to sore joints or use as a base for a joint pain relief salve by adding melted beeswax.

YOU WILL NEED:

- A handful of nettle tops (or ½ cup of dried, crushed nettles)
- Grapeseed oil (enough to cover the nettles)
- A pint-sized jar
- Cheesecloth
- A container with a tight-fitting lid

STEPS:

- Collect a handful of nettle tops and place them in a basket or bowl, aiming for about ½ cup of dried and crushed nettles.
- Rinse the nettles thoroughly and lay them out on a paper towel to dry for a few days. If you're short on time, you can use a dehydrator to dry them in a few hours.
- Once dried, crush the nettle leaves to release their therapeutic components, making it easier to infuse them with oil.
- Place the crushed nettle leaves in a pint-sized jar and cover them with enough grapeseed oil so they begin to float.
- Seal the jar with a lid and store it in a cool, dark place to macerate for six weeks.
- After six weeks, strain the nettle oil through cheesecloth and transfer it to a container with a tight-fitting lid. The oil can be stored for up to a year.

HOW TO USE

Generously apply the nettle oil to aching joints and muscles, massaging it in as needed. Wear loose clothing to avoid getting oil on your garments. Enjoy the soothing relief!

ULTIMATE DETOX SHOTS

Detox shots have gained popularity in recent years, now filling the shelves of local grocery stores.

Packed with fruits, herbs, and vegetables, these shots support overall health while helping to cleanse the body of toxins.

Today, I'll share two easy detox shot recipes that you can make at home. These are my favorites, and I often alternate between them. Let's get started!

ULTIMATE DETOX SHOTS

SHOT ONE

The first ingredient in this recipe is ½ cup of chopped green apple.

This powerful fruit offers numerous benefits, including supporting healthy skin with its vitamin C content, promoting digestion as a natural prebiotic, reducing the risk of chronic diseases, and boosting the immune system.

Next, we have spinach, one of the most nutrient-dense greens available. Packed with vitamin K, spinach aids in blood clotting,

supports eye and bone health, and is known for its ability to lower blood sugar, prevent cancer, and reduce inflammation and hypertension.

With its impressive range of benefits, spinach is an excellent choice for detox shots.

Despite their sour reputation, lemons are essential for maintaining health. Rich in antioxidants like vitamin C, lemons help eliminate free radicals from the body.

They also stimulate the production of white blood cells, which are crucial for fighting illness.

Additionally, their bacteria-fighting properties contribute to fresh breath, and they help keep you hydrated for longer.

Ginger is well-known for relieving nausea, but it also offers benefits for arthritis, inflammation, menstrual pain, and sore muscles.

This versatile root adds a wealth of health advantages, making it a fantastic addition to any detox shot.

To enhance our detox shot, we'll include turmeric.

This vibrant root is known for its antioxidant and anti-inflammatory properties, as well as benefits for joint health, bone health, brain function, mood enhancement, and cancer prevention.

With so many health benefits, turmeric is a popular choice for detoxing.

Finally, we'll round out our detox shot with celery.

This low-calorie vegetable is great for weight loss, reducing inflammation, and supporting digestive health.

Celery is also rich in antioxidants and vitamins A, C, and K, and it promotes cognitive function, nerve health, and respiratory wellness, making it an ideal addition to our recipe.

INGREDIENTS:

- ½ cup chopped green apple
- ½ cup spinach
- ½ tsp powdered turmeric
- 1 lemon
- 2 tablespoons chopped ginger
- 6 two-inch pieces of celery stalk

YIELD: Approximately three shots
STEPS:

- Rinse all ingredients, except for the turmeric.
- Chop the green apple into small pieces. Cut the celery into two- inch pieces. Halve the lemon after trimming the ends.
- Peel the ginger root and chop it. A potato peeler works well, but a teaspoon can be used too. You'll need two tablespoons, so set aside any extra for your next detox shot. Add the chopped ginger to your juicer or blender.
- Add the chopped green apple to the juicer or blender.
- Squeeze the lemon halves over the mixture to extract as much juice as possible, being careful to remove any seeds that may fall in.
- Add the celery, turmeric, and spinach to the blender or juicer.

- Blend or juice until smooth and liquid.
- Pour into shot glasses and store any leftover juice in the refrigerator. Aim to consume it within two days for optimal freshness, ideally at least once a day.

SHOT TWO

Our next detox shot is a refreshing tart treat, featuring red apple, cucumber, lemon, ginger, and cherries.

Cucumber offers a host of health benefits, including promoting hydration, providing antioxidants, aiding in weight loss, and helping to regulate blood sugar.

Beyond its benefits, cucumber adds a clean, crisp flavor to your detox shot, making it a favorite in my household.

For this recipe, you can use any variety of red apple; I opted for a McIntosh due to its delightful sweet-tart taste.

Red apples help stabilize blood sugar, lower cholesterol, satisfy hunger, reduce inflammation, and may even increase life expectancy.

The saying “an apple a day keeps the doctor away” certainly rings true, given the many advantages of this delicious fruit.

While we've already highlighted the benefits of lemon and ginger in our previous detox shot, let's not forget cherries!

These vibrant fruits not only add a rich red hue to your drink but are also associated with improved sleep and reduced inflammation.

They're a nutrient-dense superfood that enhances the flavor of your detox shot while nurturing your body.

INGREDIENTS:

- 6 cherries
- ½ cup red apple
- ¼ cup frozen cucumber slices
- 1 lemon
- 1 teaspoon chopped ginger

YIELD: Approximately three shots or one drink
STEPS:

- Rinse all ingredients thoroughly.
- Cut the red apple into small pieces and add them to your blender or juicer.
- Slice a quarter of a cucumber or use frozen cucumber slices, as I did, and add them to the blender.
- Remove the pits from the cherries and add them to the mix.
- Squeeze the lemon halves over the blender to extract as much juice as possible, ensuring you remove any seeds.
- Add a teaspoon of the chopped ginger to the blender.
- Blend or juice the mixture until you achieve a smooth consistency. Pour into shot glasses or your preferred container.
- Store any leftover detox juice in the refrigerator, or enjoy the entire beverage immediately. If you save it, consume within two days for optimal freshness, ideally at least once a day.

Enjoy your refreshing detox shot!

STRUGGLING WITH DIABETES? HERE ARE MY TOP 4 REMEDIES

Diabetes ranks as the seventh leading cause of death in the United States, affecting over 30 million individuals.

Proper management of diabetes is crucial, as the disease can lead to serious complications, such as blindness, kidney failure, amputations, and nerve damage.

With diabetes reaching epidemic proportions, it’s essential not only to treat it but also to take steps to prevent it altogether.

Here, I've outlined some lifestyle tips and medicinal herbs that can help manage the disease more effectively or, if you're looking to avoid it, promote overall health.

POWERFUL HERBS FOR BLOOD SUGAR CONTROL AND HEART HEALTH

TURKEY TAIL

Turkey tail is a remarkable medicinal herb recognized for its ability to lower blood glucose levels, making it effective in managing diabetes.

In addition, it helps reduce LDL cholesterol and high blood pressure.

By supporting heart health, turkey tail also lowers the risk of heart disease, a common concern for diabetics. For optimal results, it’s recommended to take turkey tail daily.

REISHI

Reishi, another medicinal mushroom known for its ability to lower blood sugar levels, can be beneficial in alleviating symptoms of type 2 diabetes when taken regularly.

It also helps reduce "bad" LDL cholesterol and blood fats while boosting "good" HDL cholesterol.

Furthermore, reishi enhances blood oxygenation, regulates heart rate, improves blood circulation, and helps normalize blood pressure. By supporting heart health, it also lowers the risk of cardiovascular disease.

LEMON BALM

When taken consistently, lemon balm helps regulate blood glucose levels and protects tissues from the oxidative stress linked to diabetes. It also aids in lowering triglycerides and blood pressure.

Additionally, lemon balm supports heart health by stabilizing the electrical signals responsible for palpitations, arrhythmias, and tachycardia.

CORDYCEPS

Cordyceps, a mushroom with a long history in Traditional Chinese Medicine (TCM), is known for relieving fatigue, treating kidney disease, and boosting physical performance.

It also contains a unique sugar that may aid in managing diabetes.

By mimicking insulin, several animal studies have shown that cordyceps helps lower blood glucose levels.

Additionally, research has demonstrated its ability to improve kidney function, which is particularly important since kidney disease often accompanies diabetes.

Furthermore, studies suggest that cordyceps is effective in addressing immune dysfunction and the low-grade chronic inflammation commonly associated with the disease.

DIET AND LIFESTYLE HABITS FOR REDUCING THE RISKS & COMPLICATIONS FOR DIABETES

Regular exercise is essential for both managing and preventing diabetes.

A clinical study conducted by the National Institute of Diabetes and Digestive and Kidney Diseases followed individuals at risk for developing diabetes over three years.

Those who exercised for 150 minutes per week reduced their risk of type 2 diabetes by an impressive 58%.

For those already living with diabetes, exercise helps lower blood glucose levels, reduce cholesterol, and promote weight loss—key issues often associated with the condition.

Your mom's advice to "eat your vegetables" might have been more impactful than she knew, as two large studies published in the summer of 2020 found that a diet rich in fruits, vegetables, and whole grains can reduce your risk of developing diabetes by 50%.

One study, published in *The British Medical Journal*, followed 340,000 participants across eight countries for 10 years.

Researchers discovered that those who consumed the highest amounts of fruits and vegetables had a 50% lower risk of developing type 2 diabetes.

The second study, led by Harvard University and spanning 24 years with 195,000 participants, focused on the role of whole grains.

It found that individuals who consumed the most whole grains had a 29% lower risk of type 2 diabetes.

Diet also plays a significant role in managing type 1 and type 1.5 autoimmune diabetes. Cyrus Khambatta, a PhD in Nutritional Biochemistry, recommends a low-fat, whole-food, plant-based diet (WFPB), which can increase insulin sensitivity and reduce insulin requirements by up to 40% in just six months.

This diet can also prevent nerve damage associated with diabetes by improving blood flow to tissues and easing the strain on kidneys, lowering the risk of kidney disease related to diabetes.

Additionally, a WFPB diet promotes weight loss, which is particularly beneficial for diabetics, as excess weight is a major risk factor.

To regulate blood sugar, consider a high-fiber diet and focus on foods rich in magnesium and chromium, while opting for foods with a low glycemic load.

Incorporating beans and legumes into your meals can also help control blood sugar levels, reduce cholesterol, lower blood pressure, and combat abdominal fat.

Equally important is avoiding processed foods, refined sugars, honey, maple syrup, and seed oils.

BOTTOM LINE

As we've discussed, medicinal herbs, a balanced diet, and regular exercise form a powerful combination for mitigating the harmful effects of diabetes.

Given the serious impact diabetes can have on our health and lifespan, investing time and effort into adopting lifestyle habits that help prevent the disease is well worth it.

However, if you have already been diagnosed with diabetes, these same strategies are invaluable for managing the condition, minimizing health complications, and improving your quality of life.

Have you ever experienced swollen legs after standing or sitting for a long time? It can feel like your ankles and calves have merged, leaving your feet heavy and uncomfortable.

Sometimes, pressing on your skin even creates little dimples or dents. To make matters worse, you might also feel a shooting pain.

Don’t worry—you’re not alone. Swelling in the legs is quite common, especially after prolonged use. Fortunately, most of the time, it tends to resolve on its own.

WHAT CAUSES HEAVY AND INFLAMED LEGS?

There are many reasons why legs can become swollen, and it can happen to anyone at any time.

To help prevent swelling, try to avoid prolonged periods of sitting or standing. Make it a habit to take breaks and elevate your legs whenever you can.

Staying hydrated, exercising regularly, maintaining a healthy diet, and limiting salt intake are also essential for preventing leg inflammation.

Additionally, using supportive herbs and gently massaging with essential oils like juniper, tea tree, and castor oil may provide relief.

However, consult your doctor before trying any herbal remedies, as they could interact with your current health conditions or medications.

Swollen legs, commonly known as peripheral edema, occur when fluid accumulates in the tissues.

This swelling can also affect the hands, leading to stretched and painful skin, as well as dimples on the surface.

One of the most common causes of edema is fluid retention.

An inactive lifestyle or obesity can reduce blood circulation, allowing fluids to build up in the tissues.

Therefore, achieving and maintaining a healthy weight through a balanced diet and regular exercise is crucial.

Prolonged sitting or standing can also lead to leg swelling, as gravity pulls fluid down into your legs and feet.

In some cases, leg inflammation may be related to injuries in the joints or tissues. Conditions like rheumatoid arthritis and osteoarthritis can cause significant pain, while injuries such as torn ligaments, sprains, or bursitis can also contribute to swelling.

Swollen legs requiring medical attention may indicate more serious conditions, such as kidney failure, heart failure, or cirrhosis.

Other potential causes include deep vein thrombosis, nephrotic syndrome, and thrombophlebitis.

While many instances of leg swelling are harmless, some can signal a more serious issue.

If you experience persistent leg swelling accompanied by other symptoms, it's important to consult your doctor.

They can perform tests to determine the underlying cause of the inflammation and recommend appropriate treatment.

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HERBAL REMEDIES FOR INFLAMED LEGS

Leg inflammation typically resolves on its own, but there are simple home remedies that can help alleviate the swelling and ease your discomfort.

Many of these remedies can be found right in your pantry.

So, the next time inflammation starts to hinder your activities, consider using these ingredients for relief.

TURMERIC

Curcumin is highly regarded for its ability to combat oxidative stress and inflammation, making it especially beneficial for arthritis and exercise-related muscle soreness.

If you experience leg inflammation after a workout, consider taking turmeric to help you relax.

Not only is turmeric effective when consumed, but applying a turmeric paste to the affected area can also provide relief from edema.

DANDELION

Herbal diuretics are an excellent alternative to over-the-counter medications for managing inflamed legs.

While doctors may suggest remedies containing ammonium and caffeine to reduce water retention, herbs like dandelion (Taraxacum officinale) can be just as effective.

Dandelion enhances hormone secretion, promoting sweating and urination, which helps eliminate excess water and fat while flushing out harmful toxins.

It's particularly beneficial for leg swelling linked to obesity and also boasts anti-inflammatory properties that can alleviate muscle soreness and joint stiffness associated with osteoarthritis.

GINGER

Its ability to improve blood circulation is beneficial for preventing deep vein thrombosis. By helping to prevent blood clots and relaxing blood vessels, it reduces leg inflammation.

Ginger tea is also effective for addressing joint issues, tendon inflammation, and various forms of arthritis. Additionally, it may help alleviate leg pain from injuries and sprains.

CAYENNE

Cayenne (Capsicum frutescens) is a spicy ingredient known for causing a mild burning sensation when applied to the skin, thanks to its capsaicin content, which makes it a powerful anti-inflammatory remedy.

It can help alleviate nerve and joint pain associated with conditions like rheumatoid arthritis, osteoarthritis, fibromyalgia, and diabetic neuropathy, as well as lower back pain.

Incorporating cayenne into your diet may also help reduce leg inflammation. It can be consumed internally or applied topically to relieve swelling in various areas of the body.

CRANBERRY JUICE

Leg inflammation caused by gout results from the body's excessive production of uric acid, leading to significant swelling.

Increasing the excretion of uric acid and oxalic acid can help alleviate both gout and leg inflammation.

Cranberry juice is a powerful botanical known for its effectiveness in promoting uric acid excretion and treating urinary tract infections.

Additionally, it enhances blood flow and circulation while helping to ease symptoms of osteoarthritis.

PINEAPPLE

Pineapple (Ananas comosus) is an effective fruit for treating urinary tract infections, which can also help alleviate leg inflammation.

It contains bromelain, an enzyme that boosts hormones that combat pain and swelling.

Consuming pineapple can slow blood clotting, helping to regulate circulation and enhance blood flow to the legs.

As a low-calorie fruit, pineapple is an excellent addition to a healthy diet, supporting weight management and helping to prevent overeating.

CORIANDER

Coriander (Coriandrum sativum) is a valued herbal remedy for metal poisoning and may also help alleviate leg inflammation due to its analgesic and antipyretic properties.

It is commonly used to relieve arthritis and related pains.

As a diuretic, coriander aids in stabilizing creatinine and uric acid levels, enhancing urine flow to eliminate excess fluid and reduce edema. Both coriander leaves and seeds can be effective in diminishing the puffiness associated with inflamed legs.

NETTLE

Stinging nettle (Urtica dioica) is a plant known for its diverse healing properties.

It is particularly effective for addressing prostate enlargement and is also beneficial for swollen feet and ankles. Its diuretic action helps eliminate excess fluid that contributes to edema.

Additionally, nettle can reduce inflammation associated with muscle pain and joint stiffness. As a general health tonic, it supports overall wellness by addressing a wide range of health issues.

GREEN TEA

Green tea (Camellia sinensis) is a great alternative to coffee if you want a boost of energy without the jitters.

Research has shown that green tea can help reduce chronic inflammation. It is particularly effective in alleviating leg inflammation linked to joint issues and osteoarthritis pain.

Additionally, green tea supports weight management, which can help address inflamed legs caused by the stress of carrying excess weight on the joints.

EPSON SALT

While not technically a herb, Epsom salt is commonly used to treat inflammation. Known as magnesium sulfate, this inorganic salt is often added to bathwater.

Soaking in an Epsom salt bath can help relieve sprains, bruises, inflammation, and pain.

For a foot soak, try adding ½ cup of Epsom salt to a bucket of warm water and immerse your feet for about 10 to 15 minutes to soothe inflamed legs.

TONIC FOR HEAVY AND INFLAMED LEGS

In this recipe, we'll use turmeric to address idiopathic leg swelling, which refers to swelling that occurs spontaneously without a known cause.

Turmeric is effective against a variety of health issues and can be used both internally and topically. This simple recipe can be whisked together in under a minute and works wonders for reducing leg swelling.

TURMERIC MILK RECIPE

INGREDIENTS:

- 1 glass of plant-based milk of choice
- 1 tsp turmeric powder
- A pinch of black pepper
- Honey, optional

STEPS:

Prepare a glass of warm milk and dissolve turmeric powder in it. Add a pinch of black pepper and sweeten with honey if you like.

Consume this mixture immediately, drinking a glass twice a day for two weeks or until the edema and pain subside.

Topical Substitute:

You can also create a turmeric paste by mixing the powder with a few drops of water. Apply the paste to the swollen area in the morning and at night.

Turmeric Ghee for Gut Health

Gut health is a hot topic on social media, and even if you haven't delved deeply into "ghee for guts," you're likely familiar with it thanks to the buzz around various keywords and phrases.

It's widely recognized that maintaining a healthy gut is essential.

The gut plays a crucial role in many bodily functions, from digestion and immune support to influencing the central nervous system.

It's no surprise that your skin, **sleep**, and **mental clarity** are all closely tied to gut health.

If you're not acquainted with Ayurvedic medicine or its principles, you may have missed the remarkable gut-healing benefits of two simple ingredients: turmeric ghee benefits.

Let’s explore this further, and then I’ll guide you on how to make and use them!

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LEAKY GUT TURMERIC

Turmeric heals the leaky gut and is a beloved spice, especially in Indian cuisine. It has gained recognition in the U.S. as a superfood known for its anti-inflammatory benefits.

This acclaim largely stems from a compound in turmeric called curcumin, which is available in supplement form.

Curcumin supports digestion by soothing inflammation in the intestines, allowing food to move smoothly and helping to prevent gas and bloating.

It also promotes the growth of beneficial bacteria in the colon while combating harmful bacteria linked to Leaky Gut Syndrome.

Additionally, turmeric enhances bile production, which aids digestion and supports liver function.

Inflammation can sometimes lead to abdominal pain, and turmeric is effective in alleviating this discomfort thanks to its anti- inflammatory, antibacterial, and antiviral properties.

Plus, turmeric is packed with powerful antioxidants, vitamins, and minerals.

GHEE AND GUT HEALTH

Many herbal compounds, particularly turmeric, become more bioavailable when consumed with a fat source like ghee, which contains numerous fat-soluble components.

Ghee is a type of clarified butter made by removing milk solids and lactose through a cooking process, resulting in a delicious golden oil often referred to as "sacred fat" or "liquid gold."

One of the key fatty acids in butter is butyric acid, which is vital for the health of the intestinal tract and helps maintain the integrity of the gut lining.

Research indicates that individuals with compromised digestive systems may not produce enough butyric acid.

Here are some digestive ghee benefits for gut health:

- It supports the health of the gastrointestinal mucosa.
- It regulates and promotes healthy bowel movements.
- It inhibits the growth of harmful bacteria.
- It aids in maintaining bowel function for those with inflammatory bowel conditions.

Additionally, ghee is one of the highest-temperature cooking oils, with a flash point of 485°F, making it ideal for cooking.

HOW TO MAKE TURMERIC INFUSED GHEE

Creating your own turmeric-infused ghee is incredibly easy! Just combine two simple ingredients, and you're all set.

Ingredients:

1 cup ghee

1 tablespoon powdered turmeric

INSTRUCTIONS

Combine the ingredients in a jar and mix well. Then, seal it with a lid.

This ghee can be stored for up to a year in a cupboard and several years in the freezer in an airtight container.

HOW TO USE YOUR TURMERIC INFUSED GHEE

Thanks to its high smoke point, turmeric ghee is perfect for sautéing and kicking off more elaborate dishes. You can also incorporate it into various foods and anti-inflammatory drinks. Here are a few ideas to try...

Here are some delicious ways to enjoy your turmeric ghee:

- **Turmeric Ghee Tonic**: Combine one tablespoon of turmeric ghee with one tablespoon of honey and one tablespoon of lemon juice for a powerful immune-boosting and gut-friendly tonic.

- **Turmeric Ghee Rice**: Simply add a tablespoon of your flavored ghee to rice dishes for an extra gut-loving kick.

- **Turmeric Ghee Curry**: Since curry already includes ghee and turmeric, having them pre-mixed makes cooking even more convenient!

- **Turmeric Ghee Latte**: Mix one tablespoon of turmeric ghee into two cups of plant-based milk, along with ½ teaspoon of ashwagandha, ¼ teaspoon of cinnamon, 1/8 teaspoon each of black pepper and ground ginger, ½ teaspoon of vanilla, and a drizzle of honey or maple syrup. Heat gently in a small saucepan until warm and enjoy!

- **Turmeric Ghee Coffee**: Elevate your morning coffee by stirring in one teaspoon of turmeric ghee for a creamy, flavorful boost.

- **Turmeric Ghee Honey Spread**: Blend one tablespoon of turmeric ghee with one tablespoon of honey to spread on your favorite bread, muffin, or bagel.

- **Ghee on Baked Potatoes or Veggies**: Swap out butter for turmeric ghee on baked potatoes or vegetable sides. It works beautifully with white and sweet potatoes, green beans, broccoli, peas, and carrots.

The possibilities with turmeric ghee are endless—get creative and add it to anything you think might taste good. The most important thing is to enjoy it; your gut will surely thank you!

Do You Have a Stomachache, Bloating, or Constipation Every Other Day?

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